

Malaysia

TRAVEL PLANNER '86



Space

Malaysia

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Only Malaysia

Picture a country where an astonishing variety is offered to the traveller ... wide empty beaches, jungle walks, island-hopping, hill resorts; where charm and courtesy rules and you have a bird's eye view of Malaysia. It's a naturalist's paradise with more butterflies than you can find anywhere else on earth ... more orchids ... more unique events in nature like the giant leatherback turtles arriving each year to lay their eggs on one of the world's most beautiful beaches.

It's a gourmet's delight. Malaysia can be simple or sophisticated, depending on your particular taste and interest.

It is an ancient culture which has stayed in step with the 20th century. This Travel Planner is a factual guide to help you find your special Malaysia.



Explore a new horizon that awaits you in Only Malaysia

Brief Facts



Location: Malaysia is situated in the central part of Southeast Asia, in the square bordered by Longitudes 100° and 120° East, and Latitudes formed by the Equator and 7° North. To the north of Malaysia are Burma, Thailand, Laos, Kampuchea and Vietnam, to the south, Singapore and Indonesia, and to the east are the islands of the Philippines.

Time: Malaysia is 8 hours ahead of the GMT and 16 hours ahead of the U.S. Pacific Standard Time.



MALAYSIA

SOUTH CHINA SEA



Area: The land mass of Malaysia is made up of two parts, the Malay Peninsula and the states of Sabah and Sarawak on the island of Borneo. The total land area is 330,434 sq. kilometers with 131,587 sq. kilometers in Peninsular Malaysia and 198,847 sq. kilometers in Sabah and Sarawak.

Population: Malaysia is a multiracial country with a population of 14.4 million. Peninsular Malaysia has 12 million people while Sabah and Sarawak have 2.4 million. Malays, Chinese, Indians and the indigenous people of Sabah & Sarawak form the majority of the population.

Federal Capital: Kuala Lumpur.

States & Capitals: There are thirteen states, eleven in Peninsular Malaysia and two on the island of Borneo. The states and their capitals (in parentheses) are: Perlis (Kangar), Kedah (Alor Setar), Penang (Georgetown), Perak (Ipoh), Selangor (Shah Alam), Negeri Sembilan (Seremban), Malacca (Malacca), Johor (Johor Bahru), Pahang (Kuantan), Terengganu (Kuala Terengganu), Kelantan (Kota Bharu), Sabah (Kota Kinabalu) and Sarawak (Kuching).

Historical Background

The earliest known kingdom in Malaysia was the Kingdom of Kedah. This kingdom was mentioned in Chinese and Sanskrit records as early as 600 to 700 A.D..

Further down the peninsula, Malacca, the seat of the Malacca Sultanate, was a thriving commercial centre as well as a regional power in the 15th. Century. The strategic importance of Malacca brought the Portuguese initially in 1509 and Portuguese conquest in 1511.

On the heels of the Portuguese came their trading rival, the Dutch. With the help of Johor and Naning Malays, the Dutch attacked and defeated the Portuguese in 1641. Malacca was under Dutch control until 1824 when under the Anglo-Dutch Treaty of that year Malacca was exchanged for Bencoolen, the English-held territory on the other side of the straits.

The first English ship to arrive in Malayan waters was the *Edward Bonaventure* commanded by Edward Lancaster. Lancaster anchored off Penang from June to August 1592 to take on fresh provision as well as let his men recuperate from sickness. Thereafter came Francis Light who was a frequent visitor to the Royal Court in Kedah and Stamford Raffles who stayed in Malacca in the early 1800s when Dutch power fell to Napoleon's armies.

By the time the English officially occupied Malacca, they had two other ports under their control. Francis Light had founded Penang for the East India Company and Stamford Raffles established Singapore. From these three ports the English penetrated inland. Through friendly treaties, relentless persuasion and negotiations with powerful Thailand in the north, the English circumvented the peninsula with their influence. By the 1920s, all the Malay States on the peninsula came under British protection.

Malaysian nationalism and desire for self-rule was felt as early as in the 1930s. Politically-oriented associations mushroomed. Public gatherings were held and



Fort Cornwallis, an old British fort.

a call was made for Independence. This movement was halted by the Second World War but was resumed when peace returned. The peaceful movement went on slowly but surely till it culminated in Independence for the Federation of Malaya on 31st. August 1957.

In 1963, Malaysia was formed, bringing together the States of Malaya, Singapore, Sabah and Sarawak. Singapore however, left the federation in 1965.

Today, Malaysia is a strong member of the six-nation Association of South East Asian Nations: (ASEAN). This association, comprising of Malaysia, Thailand, Indonesia, Singapore, Brunei and the Philippines, was formed to promote greater economic, social and cultural cooperation among these nations.

Climate

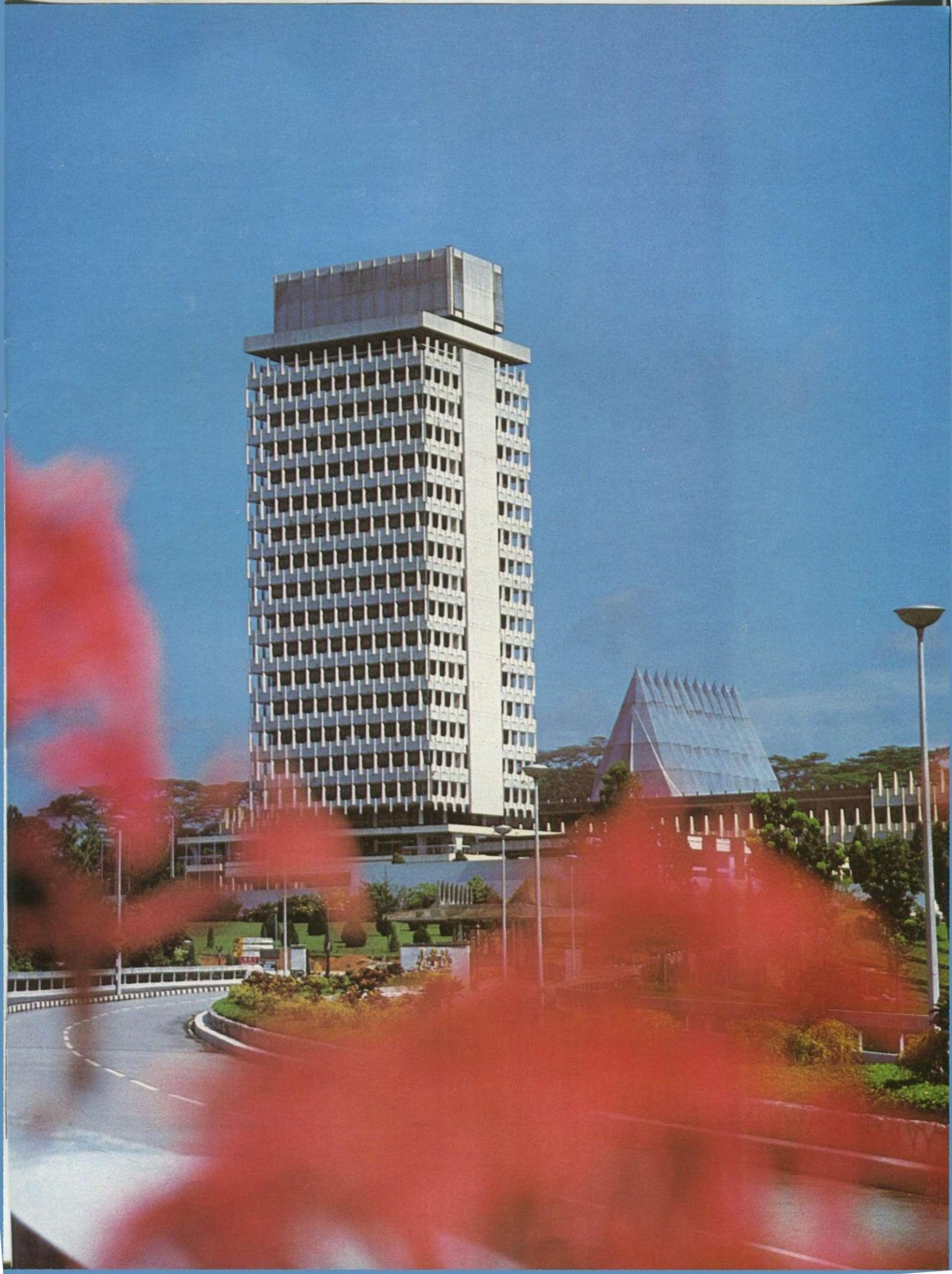
There are no distinct seasons and temperatures vary very little the year round, ranging from 21° to 32°C (70° to 90°F) with cooler temperatures in the hill resorts. Average annual rainfall varies from 2,000 to



Porta De Santiago ... the famous old Portuguese fort.

2,500 mm (80 to 100 ins). Humidity is high all year around.

November to February is the rainy season for the east coast of Peninsular Malaysia, the north-eastern part of Sabah and the western part of Sarawak. In some years, rainfall is concentrated in short



CLIMATE – As a guide only

		JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Kuala Lumpur	Max.	31°C	32	33	32	32	32	32	32	31	31	31	31
	Min.	21°C	22	22	23	23	22	22	22	22	22	22	22
	Rain	168 mm	145	213	302	179	129	112	132	167	270	259	225
	Sun *	6 hrs	6	7	6	6	6	6	6	5	5	4	5
Malacca	Max.	31°C	32	32	32	31	31	30	30	30	31	30	30
	Min.	22°C	22	22	23	23	23	22	22	22	22	22	22
	Rain	89 mm	100	138	182	164	176	182	177	209	216	237	142
	Sun	6 hrs	7	7	6	6	6	6	6	5	5	5	5
Penang	Max.	31°C	32	32	31	31	31	31	31	30	30	30	31
	Min.	23°C	23	23	24	24	23	23	23	23	23	23	23
	Rain	67 mm	93	139	214	248	177	203	231	344	375	251	107
	Sun	8 hrs	8	7	7	6	6	6	6	5	5	5	6
Langkawi	Max.	32°C	33	33	32	31	32	31	31	30	30	31	31
	Min.	23°C	23	24	24	23	23	23	23	23	23	23	23
	Rain	27 mm	27	72	169	233	261	292	304	361	340	222	588
	Sun	9 hrs	9	9	8	7	6	6	6	5	6	6	7
Kota Bahru	Max.	29°C	30	31	32	32	32	32	31	31	30	29	28
	Min.	22°C	22	22	23	24	23	23	23	23	23	23	23
	Rain	171 mm	60	85	84	116	134	152	164	192	298	677	588
	Sun	7 hrs	8	8	8	8	6	6	6	6	5	4	4
Kuala Terengganu	Max.	28°C	29	30	31	32	31	31	31	30	30	28	28
	Min.	22°C	22	22	23	23	23	23	23	22	23	22	22
	Rain	174 mm	99	109	101	103	108	110	141	184	266	643	559
	Sun	6 hrs	7	8	8	6	6	6	6	6	5	4	4
Kuantan	Max.	29°C	30	31	32	32	32	32	31	32	31	30	28
	Min.	21°C	21	22	22	23	23	22	22	22	22	22	22
	Rain	318 mm	167	155	175	189	163	157	177	226	276	326	590
	Sun	5 hrs	6	6	6	6	6	6	6	5	5	3	3
Johor Bahru	Max.	30°C	31	32	32	32	31	31	31	31	31	30	30
	Min.	21°C	21	21	22	22	22	22	22	22	22	22	22
	Rain	114 mm	141	172	242	212	158	170	148	183	215	277	252
	Sun	6 hrs	6	6	5	5	5	5	5	4	4	4	4
Cameron Highlands	Max.	21°C	22	22	23	22	22	22	22	21	21	21	21
	Min.	13°C	14	14	15	15	14	14	14	14	15	14	14
	Rain	120 mm	109	197	290	271	137	162	172	24	338	303	201
	Sun	5 hrs	5	5	4	4	4	4	4	3	3	3	3
Kota Kinabalu	Max.	29°C	30	30	31	31	31	31	31	30	30	30	30
	Min.	22°C	22	23	23	24	23	23	23	23	23	23	23
	Rain	139 mm	66	71	118	209	317	273	262	305	336	297	240
	Sun	6 hrs	7	7	8	7	6	6	6	6	6	6	6
Kuching	Max.	29°C	30	31	32	32	32	32	32	32	32	31	30
	Min.	22°C	22	23	23	23	23	22	22	22	22	22	22
	Rain	664 mm	532	334	289	256	200	191	209	274	335	339	466
	Sun	3 hrs	3	4	5	6	6	6	5	4	4	4	3
Mersing	Max.	28°C	29	30	31	31	31	30	30	30	30	29	28
	Min.	23°C	23	23	22	22	22	22	22	22	22	22	23
	Rain	305 mm	150	143	119	143	145	172	172	175	212	355	639
	Sun	6 hrs	7	7	7	7	6	6	6	5	5	4	4

* Average sunshine duration.



Ubudiah Mosque, Kuala Kangsar.



Devotees praying inside a Buddhist temple.

periods and some flooding can occur. During the months of April, May and October, the west coast of the peninsula experiences occasional thunderstorms in the afternoons. Showers are heavy but they clear up as quickly as they come. And, as a consolation, the showers are warm.

Government

Malaysia is a parliamentary democracy based on universal suffrage. The supreme Head of State is His Majesty the Yang di-Pertuan Agong, a constitutional monarch elected for a term of five years by the Conference of Rulers. The head of Government is the Prime Minister.

Flag

The national flag of Malaysia has 14 horizontal stripes of equal width representing the equal membership of the 13 States and the Federal Government. The dark blue canton in the top corner nearest to the flagstaff stands for the unity of the people. The crescent is the symbol of Islam and the 14 point star represents the unity of the 13 States and Federal Government. Yellow is the royal colour of the Rulers.

National Flower

Malaysia's national flower is Bunga Raya – the hibiscus. Although there are many



The Malaysian flag.



Hibiscus, Malaysia's national flower.

varieties of the Bunga Raya, the one selected is red in colour with five petals. This variety is found abundantly in the country.

Language

Bahasa Malaysia (Malay) is the national and official language of the country. English is widely used all over the country especially in business and is a compulsory subject in all schools. Other languages used are Chinese (Mandarin) and Tamil.

Religion

Islam is the official religion of the country. But freedom of worship is enjoyed and so it is not uncommon to see mosques, temples and churches sharing a common neighbourhood. Buddhism, Taoism, Hinduism and Christianity are among other religions practised in Malaysia.

Practical Information

Malaysia has a variety of attractions for the discerning traveller. If luxuriating on a tropical island, enjoying fine food and carefree life is your choice, then one of the islands may be the answer.

Or if you are the adventurous type, then there are riverboat trips, opportunities for living in longhouses and participating in the activities of their occupants. And if you want more rugged activities still, there are national parks with 100 million years old forests for you to trek through, fishes in the wild streams if you are inclined towards fishing and wild animals for you to observe.

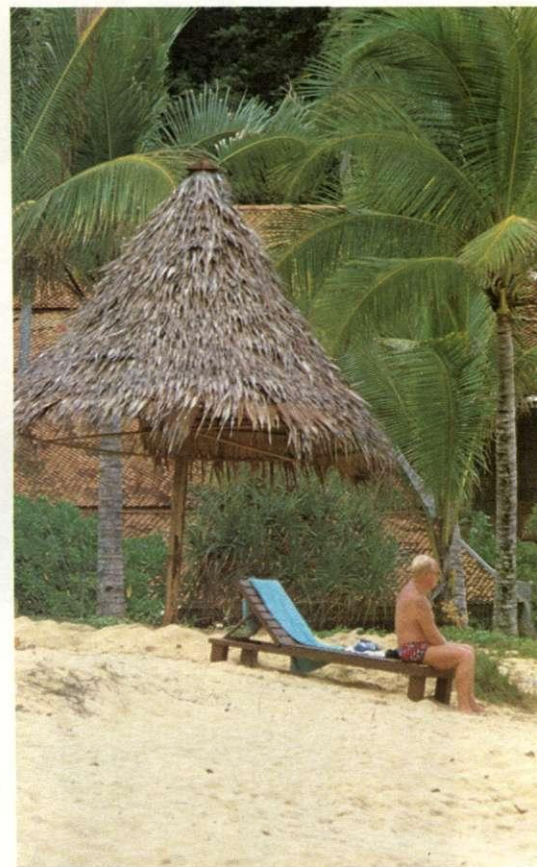
Or perhaps you are inclined towards the study of nature. Then you have come to the right place. Malaysia abounds with orchids, tropical birds, butterflies and a host of other insects for you to study.

Sports, food, beaches and sunshine ... there's a lot for the visitor to enjoy, and in comfort too. Hotel accommodations are of international standards and their staff are European-trained. Many of them studied and worked in Austria, Switzerland and France before they joined local establishments. So they are quite acquainted with the needs and expectations of the discerning traveller.

So, read on, these pages will give you more ideas for you to plan your Malaysian holiday.

How to get there

Getting to Malaysia is very easy with 23 airlines serving the country from all over the world. You can come by air, sea or road. Gateway cities are Kuala Lumpur, Penang, Kuantan, Kota Kinabalu and Kuching if you come by air. By sea, you will arrive at Penang, Port Kelang, Kuantan, Kuching or Kota Kinabalu. A road network from Singapore to Thailand means you can drive from either of these points into Malaysia.

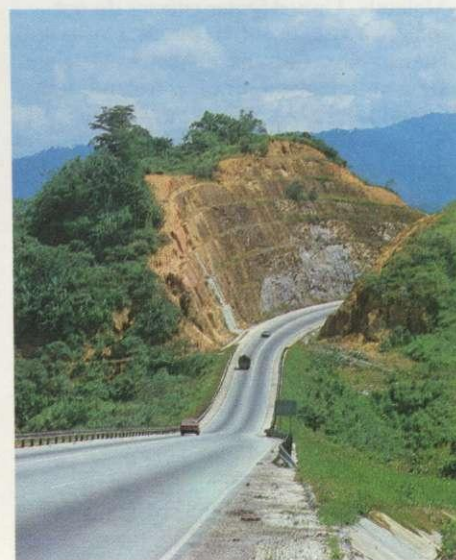
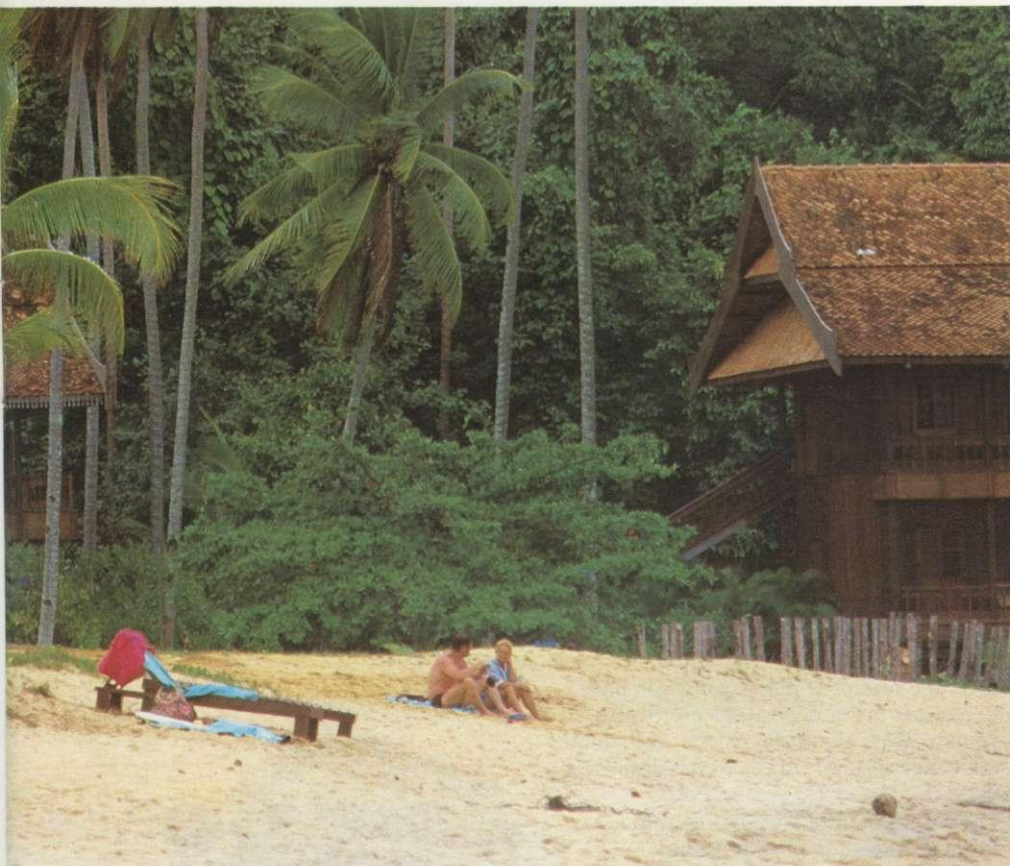


Tanjung Jara Beach Hotel.

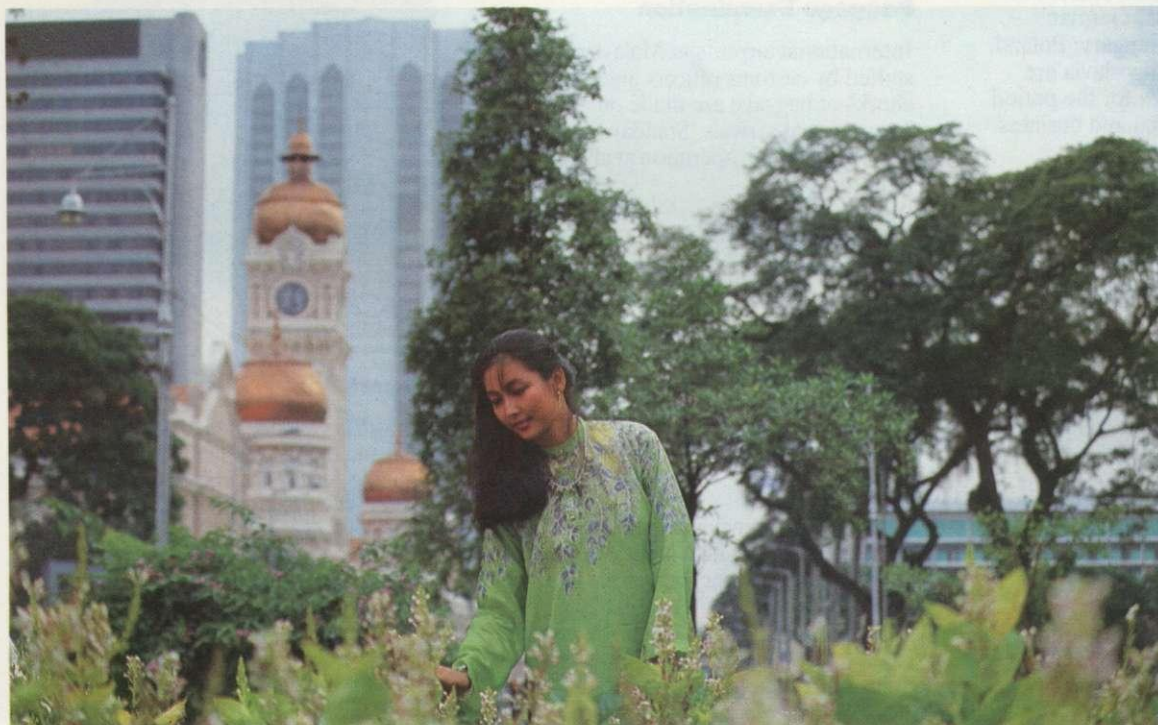
When to Visit

There are no seasons in Malaysia and it is summer all year round. But rain may inconvenience a little bit. So, the visitor planning a visit should take the following into consideration:

- East coast Peninsular Malaysia, Sabah and Sarawak. For these areas, showers come in the months between November and February.
- West coast Peninsular Malaysia. Rains come to this area in the months between May and September. But they are not very heavy though. This part of the peninsula is sheltered from ocean winds by the Indonesian island of Sumatra.
- Due to adverse conditions, the National Park in Peninsular Malaysia is closed from the beginning of November to the middle of January.
- During the main school holidays, hotels tend to be more full than at other times of the year. It is therefore wise to book ahead. These holidays extend from early April to mid-April, end of July to mid-August and mid-November to early January of the following year.



The scenic Kuala Lumpur - Karak highway.



Kuala Lumpur, a garden city.

Entry Formalities

Passport: Visitors to Malaysia must be in possession of a valid national passport or other internationally recognized travel document endorsed for travel to Malaysia.

Visa: Commonwealth citizens, British Protected persons or citizens of the Republic of Ireland and citizens of Switzerland, Netherlands, San Marino and Lichtenstein do not need a visa to enter Malaysia. United States citizens do not require a visa for social, business visits and student pass. Citizens of Austria, Belgium, Denmark, Finland, France, Iceland, Italy, Japan, Luxembourg, Norway, South Korea, Sweden, Tunisia and West Germany do not require a visa for social or business visits not exceeding three months.

One Month Visa Free Visit: Citizens of ASEAN countries do not need a visa for a visit not exceeding one month.

Fourteen Day Visa Free Visit: Transit and non-transit tourists are eligible for the fourteen day visa free visit to Malaysia **except** those from Albania, Chinese People's Republic, India, Israel, Kampuchea, Laos, Mongolia, North Korea, Rhodesia, Republic of Transkei, South Africa, Taiwan and Vietnam.

Seven Day Visa Free Visit: Citizens of Bulgaria, Czechoslovakia, German Democratic Republic, Hungary, Poland, Rumania, Russia and Yugoslavia are allowed to enter Malaysia for the period up to seven days for social and business visits only.

(The above entry regulations are subject to changes.)

Health Regulations

Cholera – no cholera or smallpox vaccination is required for travellers entering Malaysia.

Yellow Fever – Vaccination is required for arrivals from infected areas and from yellow fever endemic zones except for children under 1 year of age.

Customs

Items such as cameras, watches, pens, lighters, cosmetics, perfume and portable radio cassette players are duty free in Malaysia. Visitors bringing in dutiable goods such as video equipment may have to pay a deposit for temporary importation, refundable when they leave. This is normally up to 50% of the value. You are advised to



Enquiry counter at Subang International Airport.

carry the receipt of purchase. If you have to pay any tax or deposit, please ensure you are given an official receipt. If in doubt ask to see a senior officer who is always on duty.

The importation of illegal drugs into Malaysia carries the death penalty.

Baggage Examination

International airports in Malaysia are staffed by customs officers and normal checks of baggage are made on all international arrivals. Standard security checks are also in operation at all Malaysian airports.

Pets and Animals

Animal brought in should have health certificates from their countries of origin. The Director General of Veterinary Services issues import permits for Peninsular Malaysia while Directors of Agriculture for Sabah and Sarawak do so for their respective states.

Currency

The unit of currency is the Malaysian Ringgit or dollar which is divided into 100 sen or cents. Currency notes are issued in denominations of \$1, \$5, \$10, \$20, \$50, \$100, \$500 and \$1,000. Coins are issued in 1 sen, 5 sen, 10 sen, 20 sen and 50 sen. Coins of \$1 denominations also exist and they are legal tender, but they are commemorative issues and are seldom seen in circulation.



Malaysian currency.

Airport Tax

Airport tax is collected at all airports. For domestic flights, the tax is M\$3.00, for flights to Singapore and Brunei, the tax is M\$5.00 while for all other international flights, the tax is \$15.00.

Diplomatic and Consular Services

Fifty countries have diplomatic missions in Malaysia and 27 are accredited to Malaysia from neighbouring capitals. If you would like to contact your own Embassy/High Commissions, please refer to a telephone directory.

What to wear

Light weight clothing is worn all year round. Informal dress is the order of the day with emphasis on comfort. For more formal occasions however, more formal clothing is expected. Gentlemen usually put on jackets and ties while ladies appear in dresses. Alternatively, batik, a local fabric, may be worn. Batik is favoured even for formal occasions because of its comfort in tropical climate.

Laundry and Dry Cleaning

Most major hotels offer same-day service for laundry, cleaning and dry cleaning. Launderettes are not easily accessible but local laundry and dry cleaning shops can be easily found in most towns. They are inexpensive but the visitor may have to wait 2 or 3 days.

Business Hours

Generally shops are open from 9.30 a.m. to 7.00 p.m. while supermarkets and department stores operate from 10.00 a.m. to 10.00 p.m. In Johor, Kedah, Perlis, Kelantan and Terengganu, the public holiday is Friday instead of Sunday, so some shops may be closed.

Government Offices

Government office hours are as follows:

Mondays to	8.00 a.m. to 12.45 p.m.
Thursdays	2.00 p.m. to 4.15 p.m.
Fridays	8.00 a.m. to 12.15 p.m.
	2.30 p.m. to 4.15 p.m.
Saturdays	8.00 a.m. to 12.45 p.m.

In Johor, Kedah, Perlis, Kelantan and Terengganu, government offices are open from 8.00 a.m. to 12.45 p.m. on Thursdays and close on Fridays.

Banks

There are more than 40 commercial banks operating in Malaysia with 580 branches throughout the country. Banking hours are as follows:

Monday to	10.00 a.m. to 3.00 p.m.
Friday	
Saturday	9.30 a.m. to 11.30 a.m.

For Kedah, Perlis, Kelantan and Terengganu, banks are open 9.30 a.m. to 11.30 a.m. on Thursdays and close on Fridays.

Credit Cards

Most large establishments in Malaysia will accept internationally-known credit cards.



Batik - a cottage industry in Kelantan.

Traveller's Cheques

Traveller's Cheques are accepted at banks, hotels and large department stores. However, for most favourable rates, they are best changed at the banks.

Tipping

A service charge of 10% is added automatically to restaurant and hotel bills, plus a 10% government tax, so tipping is unnecessary unless service is exceptionally good.

Telephones

Public telephone booths are available in most towns. Coin operated phones can be found in supermarkets and at post offices. You will need 10¢ coins for local calls. Long distance calls are best made from your hotel.

Telegrams and Telexes

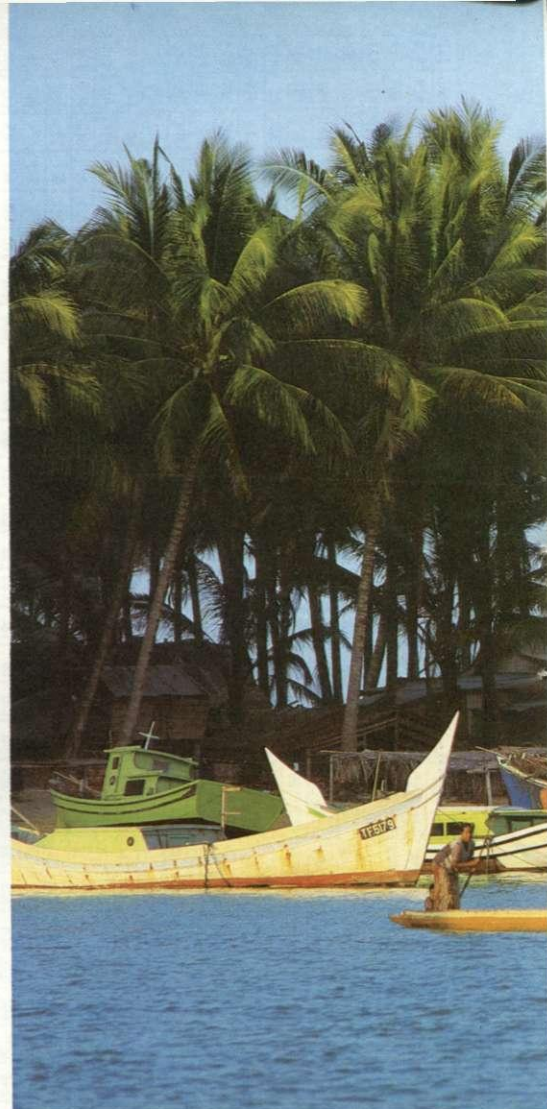
Telegrams and telexes may be sent from your hotel or from main telegraph offices.

Newspapers

Local newspapers in English are readily available. Foreign newspapers and magazines can be obtained at main newstands and book-stalls.

Radio and Television

There are four government radio networks broadcasting in the various languages including English. In Kuala Lumpur a visitor can tune in to the Federal Capital radio station.



A typical fishing village in the East Coast.

There are two government-run TV Channels. Apart from locally produced programmes some popular American and British series are also shown. A third, privately run channel now transmits programmes to viewers in the Kuala Lumpur region.

Postal Rates

There are certain regulations governing the transmission of certain dutiable items. Listed below are the postal rates of post-cards and aerogrammes. Please check with the postal authorities for further enquiry.

Post Cards

Burma, Philippines, Hong Kong, Kampuchea, Laos, Thailand, Vietnam, Indonesia.	20 sen
Bangladesh, China, Taiwan, India, Macau, Nepal, Pakistan, Sri Lanka.	25 sen
Australia, Fiji, New Zealand, New Guinea, Japan, Korea.	30 sen

Countries in The Middle East (including Egypt) and Europe. 40 sen

Countries in Africa (except Egypt) and countries in America (including Hawaii). 55 sen

Aerogrammes

To all countries. 40 sen



cost than in their countries of origin. Most opticians are trained overseas. Visitors from many countries often take the opportunity to buy spectacles or contact lenses in Malaysia. The prices are extremely competitive.

Pharmacies

Chemist shops abound in Malaysia and apart from western medicine they also dispense traditional Chinese medicine. A visit to a Chinese medicine shop should not be missed. Chemist stores are open during normal trading hours and even on Sundays in supermarkets.

Electricity

Mains voltage in Malaysia is 220 volts. If you are planning to bring any electrical equipment with 110 volts, please pack a converter.

Metric measure

Like most other countries round the world, Malaysia has gone metric. Cloth is sold by the metre, meat by the kilo, petrol by the litre, but often milestones are marked in both kilometres and miles.

Conversion Table

Length

millimetres (mm) x 0.03937 = inches

centimetres (cm) x 0.3937 = inches

metres x 3.2802 = feet

x 1.0936 = yards

kilometres (km) x 0.62137 = miles

Area

sq. kilometres x 0.38617 = sq. miles

Weight

grams x 0.03527 = ounces

kilograms x 2.20462 = pounds

Volume/capacity

litres x 0.21997 = UK gallons

x 0.2642 = US gallons

Temperature

degrees Celsius x $9 \div 5 + ?$ = degrees

Fahrenheit

21° C = 69.8° F

32° C = 89.6° F

US\$1.00 = M\$2.50.

The exchange rate quoted above is indicative only and is subject to change.



One of Terengganu's traditional craftsmen at work.

Travel Insurance

Travel insurance is necessary as there is no reciprocal national health service agreement. As in many countries, medical services or hospital care must be shouldered by the traveller.

Health Services

Private clinics are easily found even in the smallest towns. In major cities medical centres offer the best facilities. It is very inexpensive to visit a private doctor and they dispense medicine on the spot. Approximate fee for a private medical visit to a clinic is M\$20 including medicine. There are government hospitals throughout the country, but apart from emergencies the hospitals are more geared to serve the local population.

Spectacles

Spectacles and contact lens practitioners produce excellent products. Spectacles frames from France, Germany and other countries are available at a much lower

Accommodation



Relaxing in the cool comfort of a Tanjong Jara Beach Hotel room.

Malaysia offers sophisticated accommodation in international class hotels as well as simpler hotels, rest houses and hostels. What you won't find are motels, caravan or camping sites, bed-and-breakfast or private self catering holiday apartments.

Hotels

Hotels in Malaysia have not been officially classified, but there are international chains such as Hilton, Regent, Holiday Inn and Hyatt, offering luxurious accommodation. Local or regional chains such as the Merlin, the Ming Court and the Shangri-La are to be found in major cities. They are also luxurious and their charges lie in the same range as the international chains. First class hotels are numerous and charge around M\$150 for a double.

Government Rest Houses

Although government rest houses exist in most main towns, they are primarily for government officers on transit. Visitors are able to stay if accommodation is available, but they are fully booked during school holidays. Advance booking can be rather difficult. The best bet is to inquire on the spot. Rates ranging from \$20 - \$50 are quite reasonable.



Kuala Lumpur's 'Golden Triangle' boasts of several international class hotels.

Hostels

The Malaysian Youth Hostel Association operates a number of youth hostels around the country. Youth hostels are available at the following locations:

	No. of Hostels
Kuala Lumpur	2
Penang	1
Port Dickson	1
Fraser's Hill	1
Cameron Highlands	2
Kuantan	1
Kota Bharu	1
Kota Kinabalu	1
Pangkor Island	1

At a hotel poolside, Batu Ferringgi.



Transportation



There are various ways of travelling within Malaysia. You can get to your destination either by air, train, bus, taxi or even the trishaws.

Air Travel

Malaysian Airlines System (MAS) operates an extensive network of domestic routes within the country. Flight frequency is sufficient to meet consumer demands. Prices are reasonable. In certain instances special fares are offered. The chart below shows the route and fares of MAS domestic flights. In addition, MACAIR operates to certain areas where MAS does not. Langkawi, Malacca and Tioman are three destinations served by MACAIR. Singapore Airlines, Royal Brunei and Thai International operate flights to certain Malaysian destinations other than Kuala Lumpur.



Malaysian Airline System, the national carrier.

Guide to Domestic Air Fares (MAS)

Destination	Naut. Miles	Distance Km	One-way M\$
Alor Setar-Kota Bharu	116	215	59
Bintulu-Mukah	60	112	44
Johor Bahru-Kota Kinabalu	811	1502	301
Johor Bahru-Kuching	409	757	147
Kota Kinabalu-Bandar Seri Begawan	91	118	65
Kota Kinabalu-Bintulu	247	457	110
Kota Kinabalu-Keningau	36	66	38
Kota Kinabalu-Kudat	76	141	50
Kota Kinabalu-Lahad Datu	147	272	88
Kota Kinabalu-Labuan	62	115	43
Kota Kinabalu-Lawas	76	140	47
Kota Kinabalu-Miri	159	294	90
Kota Kinabalu-Ranau	38	72	38
Kota Kinabalu-Sandakan	122	226	84
Kota Kinabalu-Singapore	794	1470	346
Kota Kinabalu-Tawau	151	280	80
Kuala Lumpur-Alor Setar	199	368	94
Kuala Lumpur-Ipoh	96	178	55
Kuala Lumpur-Johor Bahru	191	354	77
Kuala Lumpur-Kota Bharu	190	352	86
Kuala Lumpur-Kota Kinabalu	906	1678	380
Kuala Lumpur-Kuala Terengganu	172	318	80
Kuala Lumpur-Kuantan	121	224	61
Kuala Lumpur-Kuching	559	1035	231
Kuala Lumpur-Malacca	95	176	39
Kuala Lumpur-Penang	153	283	86
Kuala Lumpur-Singapore	221	409	130
Kuantan-Johor Bahru	141	261	77

Guide to Domestic Air Fares (MACAIR)

Destination	One-way M\$
Kuala Lumpur - Langkawi	139.00
Penang - Langkawi	65.00
Penang - Alor Setar	39.00
Alor Setar - Langkawi	47.00
Alor Setar - Kuala Lumpur	93.00
Penang - Kuala Lumpur	74.00
Kuala Lumpur - Kerteh (Shorts SD360)	85.00
Kuala Lumpur - Kerteh (DO228)	80.00
Kuala Lumpur - Malacca	40.00
Kuala Lumpur - Genting Highland	65.00
Kuala Lumpur - Singapore	128.00
Malacca - Singapore	88.00
Kerteh - Malacca	110.00
Kerteh - Singapore	165.00
Kuala Lumpur - Tioman	125.00
Children 2-12 yrs	93.00
Infants below 2 yrs	13.00
Mersing - Tioman	49.00
Children - 2-12 yrs	37.00
Infants below 2 yrs	5.00

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.

Guide to Domestic Air Fares (MAS)

Destination	Naut. Miles	Distance Km	One-way M\$
Kuching-Bandar Seri Begawan	347	643	192
Kuching-Bintulu	191	354	97
Kuching-Kota Kinabalu	438	811	198
Kuching-Miri	280	519	150
Kuching-Mukah	139	250	90
Kuching-Sibu	103	191	60
Kuching-Singapore	393	728	170
Lahad Datu-Tawau	54	100	40
Lawas-Bekelalan	54	100	46
Lawas-Labuan	29	54	31
Lawas-Limbang	24	44	25
Lawas-Long Semadoh	40	74	40
Lawas-Long Sukang	19	35	25
Long Seridan-Long Lellang	32	59	35
Marudi-Bario	73	135	55
Marudi-Long Lellang	73	135	46
Marudi-Long Seridan	46	85	42
Marudi-Sibu	186	344	100
Miri-Bario	97	180	70
Miri-Bintulu	91	168	57
Miri-Labuan	97	180	57
Miri-Lawas	91	168	59
Miri-Limbang	66	123	45
Miri-Marudi	23	42	29
Miri-Mukah	143	264	55
Penang-Kota Bharu	133	246	72
Penang-Kuala Terengganu	171	317	80
Penang-Singapore	354	656	150
Penang-Ipoh	66	122	41
Sandakan-Kudat	96	177	54
Sandakan-Lahad Datu	56	102	57
Sandakan-Pamol	40	74	40
Sandakan-Semporna	92	170	50
Sandakan-Tawau	100	185	78
Sandakan-Tomangong	46	85	42
Sibu-Bintulu	88	163	64
Sibu-Kapit	69	128	48
Sibu-Miri	176	326	75
Sibu-Mukah	37	69	30
Singapore-Kota Kinabalu	794	1470	346
Singapore-Kuching	393	728	170
Tomangong-Lahad Datu	29	54	35
Tomangong-Semporna	57	106	40
Tomangong-Tawau	82	152	55

Return fare is double one-way fare

Trains

Malayan Railways or Keretapi Tanah Melayu (KTM) provides comfortable and economical rail service. There are two main lines being operated for passenger service. One runs along the west coast. From Singapore, this line runs northwards through Kuala Lumpur and Butterworth and meets the Thai railways at the border. The other line branches off from the west coast line at the town of Gemas and travels up to the north-eastern part of the peninsula near Kota Bharu. This line also meets the State Railway of Thailand line at the border.

For the foreign tourists, KTM offers a Railpass which entitles the holder to unlimited travel in any class and to any destination for a period of 10 days or 30 days. The Railpass costs M\$85.00 for 10 days and M\$175 for 30 days. The cost of the pass does not include sleeping berth charges.

There are a number of services available. The visitor can either choose the normal train which stops at most stations or the express which only stops at major towns. For more detailed information, the following tables and charts are provided.

PASSENGER FARES BETWEEN PRINCIPAL STATIONS

Single Journey Fare

From Station	Butterworth			Kuala Lumpur			Singapore		
	1	2	3	1	2	3	1	2	3
To Station	\$ ¢	\$ ¢	\$ ¢	\$ ¢	\$ ¢	\$ ¢	\$ ¢	\$ ¢	\$ ¢
Padang Besar	21.30	9.60	5.90	65.60	29.60	18.20	114.20	51.50	31.60
Alor Setar	12.40	5.60	3.50	58.30	26.30	16.20	105.70	47.60	29.30
Butterworth	—	—	—	48.60	21.90	13.50	96.00	43.30	26.60
Taiping	11.90	5.40	3.30	36.50	16.50	10.10	85.00	38.30	23.60
Ipoh	22.50	10.20	6.30	25.50	11.50	7.10	74.10	33.40	20.50
Tapah Road	29.20	13.20	8.10	19.50	8.80	5.40	68.00	30.70	18.90
Kuala Lumpur	48.60	21.90	13.50	—	—	—	48.60	21.90	13.50
Seremban	57.10	25.80	15.80	9.30	4.20	2.60	40.10	18.10	11.10
Tampin	63.20	28.50	17.50	15.20	6.90	4.20	34.00	15.40	9.50
Gemas	69.20	31.20	19.20	21.90	9.90	6.10	28.00	12.60	7.80
Segamat	72.90	32.90	20.20	25.50	11.50	7.10	23.70	10.70	6.60
Kluang	82.60	37.20	22.90	35.30	15.90	9.80	14.00	6.30	3.90
Johor Bahru	93.50	42.20	25.90	46.20	20.80	12.80	3.20	1.50	0.90
Singapore	96.00	43.30	26.60	48.60	21.90	13.50	—	—	—
Kuala Lipis	97.20	43.80	26.90	49.80	22.50	13.80	54.70	24.70	15.20
Krai	122.70	55.30	34.00	75.30	34.00	20.90	81.40	36.70	22.60
Wakaf Bahru	131.20	59.10	36.30	83.80	37.80	23.20	89.90	40.50	24.90
Tumpat	133.60	60.20	37.00	86.20	38.90	23.90	91.10	41.10	25.20
Haadyai	24.60	11.40	—	68.90	31.40	—	117.50	53.30	—
Bangkok	81.10	37.70	—	125.40	57.70	—	174.00	76.60	—

FARE — EKSPRES RAKYAT/SINARAN (XSP)

From Station	Butterworth				Kuala Lumpur				Singapore			
	1	2	2	3	1	2	2	3	1	2	2	3
	AFC	ASC	SC	TC	AFC	ASC	SC	TC	AFC	ASC	SC	TC
To Station	\$	¢	\$	¢	\$	¢	\$	¢	\$	¢	\$	¢
Butterworth	—		—		55.00		28.00		25.00		17.00	
Bukit Mertajam	8.00		7.00		4.00		53.00		27.00		24.00	
Taping	18.00		12.00		9.00		43.00		23.00		20.00	
Kuala Kangsar	22.00		14.00		11.00		39.00		21.00		18.00	
Ipoh	29.00		17.00		14.00		32.00		18.00		15.00	
Kampar	33.00		19.00		16.00		28.00		16.00		13.00	
Tapah Road	36.00		20.00		17.00		26.00		15.00		12.00	
Kuala Lumpur	55.00		28.00		25.00		17.00		—		—	
Seremban	—		32.00		29.00		19.00		16.00		11.00	
Tampin	—		35.00		32.00		21.00		22.00		13.00	
Segamat	—		39.00		36.00		24.00		32.00		18.00	
Kluang	—		44.00		41.00		26.00		42.00		22.00	
Johor Bahru	—		49.00		46.00		29.00		53.00		27.00	
Singapore	—		50.00		47.00		30.00		55.00		28.00	

Notes AFC: Fare first class air conditioned
ASC: Fare second class air conditioned

SC: Fare second class ordinary.
TC: Fare third class ordinary by Ekspres Rakyat only.

All fares in Malaysian currency.

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.

SUPPLEMENTARY CHARGES	
Berth Charges KTM 1st class — \$20.00 air-conditioned 1st class — \$10.00 ordinary 2nd class — \$ 8.00 lower 2nd class — \$ 6.00 upper (Singapore/K. Lumpur — K. Lumpur/Butterworth — K. Lumpur Tumpat — Singapore/Tumpat)	International Express Berth Charge 1st class — \$19.00 air-conditioned 1st class — \$11.80 ordinary 2nd class — \$ 9.10 lower 2nd class — \$ 6.40 upper Express train charges \$2.80 (Butterworth/Bangkok — Bangkok/Chiangmai)

All fares in Malaysian currency. US\$1.00 = M\$2.50.
 The exchange rate quoted above is indicative only and is subject to change.

BUTTERWORTH/KUALA LUMPUR/BUTTERWORTH

ER	XSP	M	XSP	B	SM		XSP	M	ER	XSP	B	SM
1	7	51	3	55	53		4	52	2	8	56	54
@	A @	—	A @	—	—		A @	—	@	A @	—	—
2-3	1-2	2-3	1-2	2-3	1-2	Station	1-2	2-3	2-3	1-2	2-3	1-2
0630	0730	0830	1500	2000	2200	b. Butterworth t. ↑	1355	1820	2030	2130	0530	0710
0646	0746	0850	1516	2030	2220	t. Bt. Mertajam t.	1330	1750	2009	2104	0504	0643
0756	0856	1029	1626	2233	0006	t. Taiping t.	1223	1601	1851	1952	0319	0455
0836	0936	1121	1706	2329	0102	t. Kuala Kangsar t.	1144	1510	1811	1913	0226	0404
0927	1027	1240	1757	0041	0214	t. Ipoh t.	1050	1343	1709	1818	0048	0234
—	—	1314	—	0119	0259	t. Batu Gajah t.	—	1317	—	—	0021	0206
1010	—	1405	—	0204	0332	t. Kampar t.	—	1248	1629	—	2354	0139
1030	—	1425	1850	0224	0352	t. Tapah Road t.	0956	1225	1612	—	2325	0112
—	—	1600	—	0348	0516	t. Tg. Malim t.	—	1021	—	—	2200	2351
1315	1405	1810	2125	0550	0720	↓ t. Kuala Lumpur t.	0730	0830	1345	1500	2000	2200

KUALA LUMPUR/SINGAPORE/KUALA LUMPUR

XSP	M	ER	XSP	B	SM	B		ER	XSP	M	XSP	B	B	SM
5	57	1	9	59	61	65		2	10	58	6	66	60	62
A @	—	@	A @	—	—	—		@	A @	—	A @	—	—	—
1-2	2-3	2-3	1-2	2-3	1-2	3	Station	2-3	1-2	2-3	1-2	3	2-3	1-2
0730	0830	1335	1500	2000	2200	—	b. Kuala Lumpur t. ↑	1325	1420	1835	2135	—	0630	0725
—	0904	—	—	—	—	—	t. Kajang t.	—	—	1753	—	—	0541	—
0838	0956	1446	1606	2156	2332	—	t. Seremban t.	1205	1256	1659	2020	—	0447	0541
0923	1051	1531	1649	2255	0028	—	t. Tampin t.	1120	1213	1528	1937	—	0347	0443
—	1235	—	—	0019	0148	—	t. Gemas t.	—	—	1400	—	—	0202	0304
—	—	—	—	—	—	0730	b. Gemas b.	—	—	—	—	2035	—	—
1047	1322	1657	1812	0122	0311	0801	t. Segamat t.	0947	1045	1314	1809	2001	0115	0229
1212	1526	1841	1937	0345	0505	1008	t. Kluang t.	0819	0919	1102	1645	1742	2306	0028
—	1702	—	—	0457	—	1117	t. Kulai t.	—	—	0949	—	1638	2155	—
1341	1741	2009	2106	0537	0653	1149	t. Johor Bahru t.	0700	0800	0903	1528	1603	2034	2234
1420	1835	2105	2145	0625	0800	1240	↓ t. Singapore b.	0630	0730	0830	1500	1530	2000	2200

TUMPAT/GEMAS/TUMPAT

B	B	B	C	B	M	B		M	C	B	B	B	C	B	B	B
89*	95*	87	551	311	81	83		82	310	84	96*	312	550	88	90*	86
—	—	—	—	—	—	—		—	—	—	—	—	—	—	—	—
3	2-3	3	2-3	2-3	1-2-3	2-3	Station	1-2-3	3	2-3	2-3	2-3	2-3	3	3	3
↓	↓	↓	↓	0615	0830	1330	b. Tumpat t	1930	0840	1215	—	1815	—	—	—	—
↓	↓	↓	↓	0643	0858	1358	t. Wakaf Baharu t	1838	0735	1141	—	1720	—	—	—	—
↓	↓	↓	↓	0704	0924	1420	t. Pasir Mas t	1808	0642	1114	—	1656	—	—	—	—
↓	↓	↓	↓	0848	1101	1626	t. Krai b	—	0445	—	—	1449	—	—	—	—
↓	↓	↓	↓	—	—	—	b. Krai t	1662	—	0821	—	—	2100	—	—	—
↓	↓	↓	↓	0520	—	—	b. Gua Musang b	—	—	0500	—	—	—	—	—	—
↓	↓	↓	↓	—	—	—	t. Gua Musang t	1247	—	—	—	1038	1721	—	—	—
↓	↓	↓	↓	0927	1220	1422	t. Kuala Lipis t	0951	—	—	0705	—	—	1337	1605	0327
↓	↓	↓	↓	0658	1225	1613	b. Kuala Lipis b	—	—	—	—	0730	1400	—	—	0100
↓	↓	↓	↓	—	—	—	t. Mela t	0900	—	—	—	—	—	1241	—	—
↓	↓	↓	↓	—	—	—	b. Mela b	—	—	—	0650	—	—	1159	1510	—
↓	↓	↓	↓	—	—	—	t. Jerantut t	0819	—	—	—	—	—	—	—	—
↓	↓	↓	↓	—	—	—	t. Kuala Krau t	0723	—	—	—	—	—	1105	—	—
↓	↓	↓	↓	—	—	—	b. Kuala Krau b	—	—	—	—	—	—	—	—	—
↓	↓	↓	↓	—	—	—	t. Mentakab t	0610	—	—	—	—	—	—	—	—
↓	↓	↓	↓	—	—	—	t. Gemas b	0330	—	—	—	—	—	—	—	—

* No service on Sundays.

BANGKOK/PADANG BESAR/BUTTERWORTH

B	IE		IE	B
113	111		110	112
3	1-2	Station	1-2	3
1230*	1610*	b. Bangkok t	0645*	—
1425	1028*	t. Haadyai b	1247*	—
1530	1043*	b. Haadyai t	1232*	1135*
1655	1230	t. Padang Besar b	1235	1140
1914	1500	b. Padang Besar t	1116	1020
1940	1615	t. Alor Setar t	1000	0838
—	1816	b. Bukit Mertajam t	0813	0620
—	1845	t. Butterworth b	0755	0600

* Thailand Time


TAPAH ROAD/TELUK INTAN/TAPAH ROAD

C	C	C		C	C	C	C
371	373	375		372	374	376	376*
3	3	3	Station	3	3	3	3
0610	1125	1515	b. Tapa Road t	1022	1502	1951	2011
0702	1217	1609	t. Pekan Teluk Intan t	0926	1406	1856	1916
0709	1224	1616	t. Waf Teluk Intan b	0920	1400	1850	1910

* Friday timetable

REFERENCE

M = Mail Train
SM = Mel Senandung Malam
IE = International Express
ER = Ekspres Rakyat
XSP = Ekspres Sinaran

C = Mixed Train
B = Ordinary Train
b = Departure
t = Arrival
A = Air-conditioned First Class Express
@ = Air-conditioned Second Class
 = Sleepers/Berth Coach

Outstation Taxis

Malaysia also offers the budget conscious traveller long distance taxis which travel from one state to another. It operates on a shared cost basis. Each person is charged a flat rate. As soon as the taxi driver gets four passengers going to the same destination, off he goes. The rates are very reasonable.

You can also "charter" a whole taxi by paying four times the fare. For example, the fare per person from Kuala Lumpur to Butterworth is M\$25. If you charter the taxi you pay the driver M\$100.

Buses

There are three types of buses that operate in Malaysia. The non-aircon buses plying between the states, the non-aircon buses that provide service within each state and the aircon express buses connecting major towns in Malaysia. Prices are reasonable though at times they do not adhere strictly to schedule. Like the outstation taxis, travelling by bus is also cheap. Fares are indicated in the chapters on the various regions.

Trishaws

If trishaws are available in the town you go to, then the best way to move around short distances would be by this means. Trishaws are pedal cycles with carriages either at the side or in front of the peddler. It costs about M\$1 per kilometre. But take note, it is advisable to agree on the price before boarding.

Motoring

Motoring is the best way of getting around in Malaysia. The roads are good. There is a network of approximately 29,900 km of roads and highways in the country.

From the causeway connecting Singapore and Peninsular Malaysia, the main trunk road runs up the West Coast to the Thai border. From this road, two highways cross the peninsula to the East Coast. In the north, the East-West Highway connects Butterworth with Kota Bharu while in the central part of the peninsula, the Kuala Lumpur-Karak Highway cuts through the main range and joins a road leading to Kuantan on the East Coast. In East Malaysia, motorable roads run along the coast connecting major towns. Rental cars are available on unlimited



Kuala Lumpur - Kelang Highway.

mileage basis. The daily rates on this basis vary from M\$125.00 for economy cars to M\$300.00 for cars in super luxury class. Weekly rates are also available.

An International Driving Licence is required by the visitor who wishes to drive in Malaysia. National driving licences are only acceptable upon endorsement by the Registrar of Motor Vehicles. Therefore it would be more convenient to arrive with an International Driving Licence.

Driving is on the LEFT HAND SIDE of the road in Malaysia. International traffic signs are used other than a few local ones. Among the local signs, "AWAS" means CAUTION, "IKUT KIRI" means KEEP LEFT, "KURANGKAN LAJU" means SLOW DOWN and "JALAN SEHALA" means ONE WAY in the direction of the arrow. And where compass points are given, "UTARA" means NORTH, "SELATAN" means SOUTH, "TIMUR" means EAST and "BARAT" means WEST.

The speed limit in towns is 50 kmp. Outside towns, the familiar speed limit signs are displayed where limits have been imposed. Traffic regulations also makes the wearing of seat belts by drivers and front seat passengers COMPULSORY. A fine of up to M\$200 or imprisonment not exceeding 6 weeks can be imposed on those who fail to comply with this regulation.

For safety, local drivers have developed a few signals of their own. The driver in front flashing his RIGHT INDICATOR is signalling DO NOT OVERTAKE. He



A trishaw - excellent for short rides in towns.

does this because there is an oncoming vehicle from the opposite direction, there is a bend ahead that will make overtaking very dangerous or he is about to pull out and overtake the vehicle in front of him. Flashing of LEFT INDICATOR says OVERTAKE WITH CAUTION. A driver flashing his headlamps is claiming the right of way. At roundabouts or traffic circles, the driver on the RIGHT has the RIGHT OF WAY.

Petrol is around M\$1.14 a litre and petrol stations are found in or at the fringes of most towns. Very few of them operate 24 hours, so be sure to fill up your tank by 6.00 or 7.00 p.m. if you intend to drive nights. And while you are at the station, you can have your engine oil, water and battery checked at no extra charge.

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.



Food

If variety is the spice of life, when it comes to eating, Malaysia has no equal. The choice ranges from local and international cuisine at the hotels to the fast-food chains and the roadside stalls which are the favourite haunts of local people from all walks of life as well as the adventurous tourist.

Each state in the country has its own distinctive flavour, with Malay food being on the spicy side. Chinese food in its endless variety is available in abundance almost everywhere. Indian food from both north and south India is widely available. Outside hotels, European food from the sizzling steaks to the fast foods from America can be obtained in larger towns, though one may have to search and ask around.



Satay ... barbecued meat, Malay-styled.



Malaysian seafood.



An open-air food-stall.

A restaurant with a traditional touch.



Fruits

Tropical fruits are delicious and the variety grown in Malaysia seems endless. Pineapple is not only grown to be eaten, but in some parts of the country you can have a drink served in a pineapple shell.

Local fruits which are especially popular are as follows:

Rambutans. These are red, furry fruits that you peel and find a large, white gelatine-like fruit with a stone inside. It is bought in bunches from roadside stalls or in markets.

Mangosteens. These are purple on the outside but white and delicious on the inside. But be careful, the purple skin can stain if it touches your clothes.

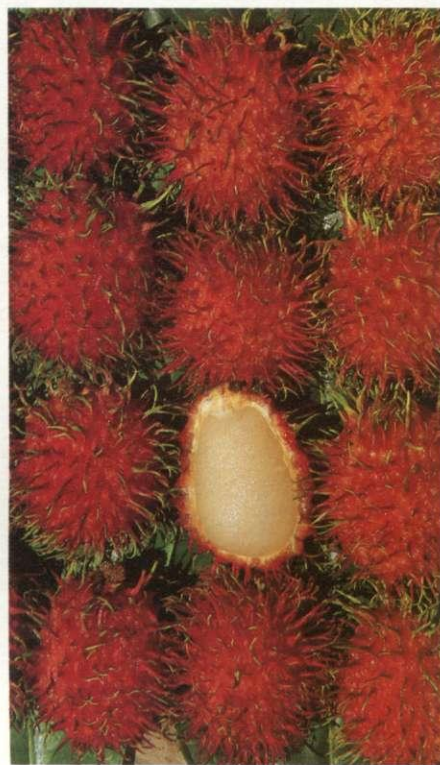
Langsat. This is a yellow fruit of about the size of a grape. Peel it and you will find white or transparent segments of flesh inside. But don't bite the stones! It can be awfully bitter.

Ciku. It is brown and about the same size and shape as an egg. Peeled with a knife, one finds sweet, brown flesh underneath. Enjoy it but don't forget to take out the slim and shiny black stones.

Durians. Glorious *durians*, king of fruits, angel's delight ... the praises can be endless if it comes from a local enthusiast. He may even pay twenty dollars for a prized fruit while others pay three dollars for a normal one. The spiky fruit, when levered open reveals rolls of dumpling-like flesh. It is quite messy to eat and the smell! Glorious to some and disgusting to others. It's all a matter of taste.

Fruits which may be more familiar to the visitor are also available. Watermelons, bananas (26 varieties of it!), jackfruits, papayas, mangoes and pomeloes (like grapefruit but bigger) can be found in fruit stalls along highways as well as in towns.

Around cinemas and other entertainment areas there are also fruit-sellers with a variety of fruits which have been cut up and stored in cool display cases. Try them. They are delicious.



Rambutans.

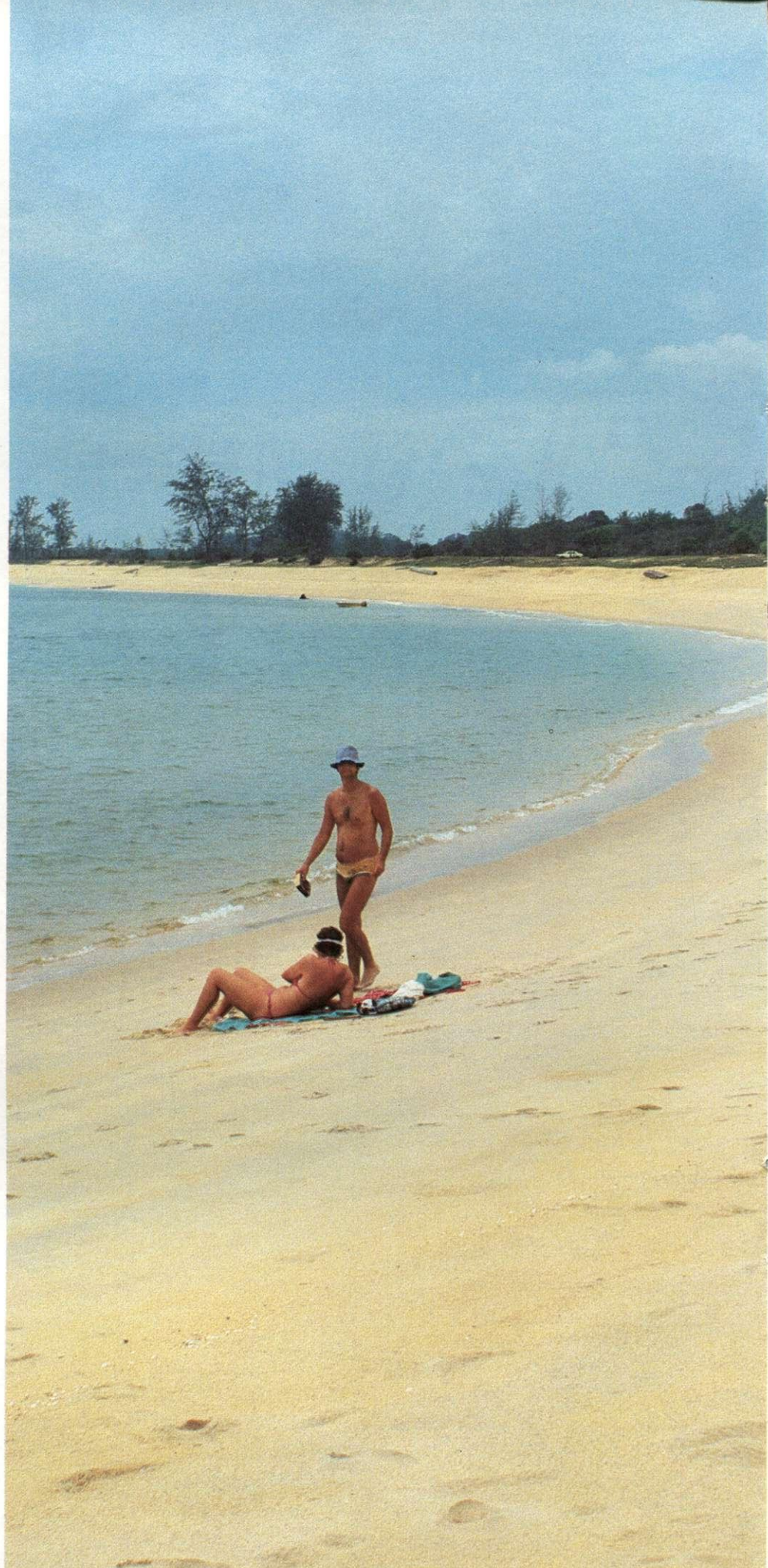


Mangosteens

Durians... the king of fruits.



Relaxation and Recreation





Plank-walk leading to Niah Caves, Sarawak.



A golf-course in Cameron Highlands.

Shopping

One delightful pastime all travellers enjoy in Malaysia is shopping because the things you can buy there are uniquely beautiful. Whether you shop at supermarkets, department stores or open markets, you'll enjoy buying pewter, batik, jewellery, pottery and antiques. There are duty-free shops at Kuala Lumpur and Penang airports as well as in city centres. Cameras, watches, pens, lighters, cosmetics, perfume and electronic goods are duty-free in Malaysia. Giant kites can be bought in kit form and miniature tops spun with great skill and speed may be bought. In the markets, bargaining is still popular. So if a stall-holder offers an item and you think it is too much you could try making an offer. In department stores, "fixed price" is a general rule, so bargaining is not possible there.

Walking

Early mornings and evenings are the best times to walk in the cities, for generally it is too hot and humid for walking in the middle of the day. But walking in the hill resorts is pleasant. In fact, you'll need a sweater there. Jungle walks call for covered-up clothing.

Beaches

What Malaysia has in abundance are beautiful, empty beaches. There are approximately 700 kilometres of beaches on the East Coast, including the one which turtles swim to, to lay their eggs between May and September every year. Islands off the East Coast too offer magnificent beaches.

On the west coast, the mainland does not have good beaches except for stretches in Port Dickson and Malacca. The islands off-shore however, are better provided. Pulau Pangkor and Penang have fine beaches while in Pulau Langkawi, the beaches at Pantai Rhu and Pantai Tengah are simply breath-taking.

National Parks

The tropical rain forests of Malaysia are very, very old. While other areas were subjected to the ravages of the Ice Age and climatic changes which destroyed their vegetation, the Malaysian rain forests were untouched. Consequently, these forests as represented by the national parks, are vast storehouses of flora and fauna which have long vanished elsewhere.

The more popular national parks are the Taman Negara in Peninsular Malaysia, Niah National Park in Sarawak and Kinabalu National Park in Sabah. Each offers its own unique attractions. Taman Negara is particularly favoured for its fishing and animal observation hides, Niah National Park has caves ranking among the largest in the world and Kinabalu National Park has Mount Kinabalu which can be climbed by the average, healthy man, woman or teen-ager.

Detailed instructions on how to get to these parks can be found in Chapter page

Art Galleries and Museums

Malaysia's major towns are well served with museums and art galleries. Most states have museums and many state capitals also house art galleries. Details are listed under regional attractions.

Historic Buildings

Although Malaysia is part of a modern thrusting society with high rise buildings springing up everywhere, it is still possible to see Moorish-style architecture and beautiful old mosques. Even Tudor and Victorian style architecture can be found while Dutch and Portuguese relics are quite expected due to the incidence of history.

Sports and Pastimes

Malaysians are enthusiastic sportsmen and sports women. International sports such as golf, tennis, horse racing, motor racing, soccer, cricket and squash are enjoyed by locals and visitors alike. Local sports such as sepak takraw, giant top spinning and kite flying are undertaken seriously and display an enormous amount of skill. These sports are exciting to watch as well as photograph.



Enjoying a jungle-walk in Taman Negara.



This Moorish-styled building is Malayan Railway's head-office.



Kite-flying, a favourite pastime among villagers after the harvest.



Sepak Takraw, action-packed rattan ball game.

Holidays and Events



Muslim children celebrating Hari Raya.

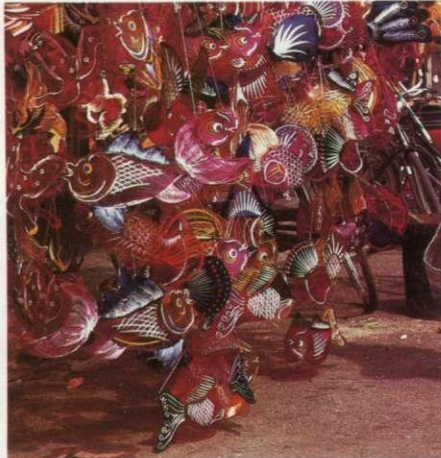
Malaysia's multi-racial population enjoys many festivals. Some are nationally celebrated whilst others are confined to the individual states. Each of the different racial communities has its own customs, traditions and festivals. To list all the festivals and events that take place all year round would require many pages. Therefore, only the main festivals are mentioned together with a list of major events which are also National Holidays.

A major event each year is Hari Raya Puasa to mark the end of the Muslim fasting month. It starts with day-break visits to the cemetery and followed by thanksgiving prayers at all mosques. Adults and children alike are dressed in their Sunday best. Malaysian Muslims hold "open-house" where relatives and friends call on one another. A variety of local dishes much enjoyed and appreciated by Muslim families and their friends are served throughout the day.

Chinese New Year is another major festival and this too means the exchange of gifts, visits to the temples and holding "open-house" for relatives and friends. Children at this time look forward to the "ang pow" – the gift of money in bright red envelopes.

Malaysia's Indian community celebrate Deepavali. The name means "festival of lights". The main feature of the celebration is the decorating of Hindu homes with candles and oil lamps. Like the other major festivals the Hindus too hold "open-house" for relatives and friends.

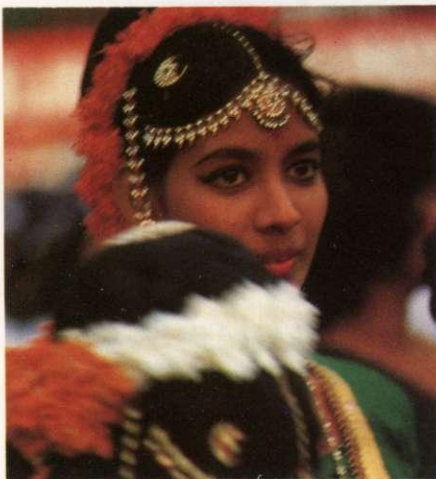
Christmas is celebrated with a difference in Malaysia. Apart from the usual carolling and thanksgiving, Malaysian Christians celebrate the occasion by holding "open-house" for relatives and friends. The "open-house" concept to celebrate the main communal or religious festivals in Malaysia is testimony to the way the different races share the joy of these special occasions.



Chinese paper lanterns.



Muruts in their festive costumes.



An Indian girl all dressed up for Deepavali.

List of Public Holidays in Malaysia (1986)

NATIONAL

Chinese New Year

9th & 10th February (Kelantan and Terengganu on 9th February only)

Labour Day

1st May

Wesak Day

23rd May (except Sabah and Federal Territory of Labuan)

Yang diPertuan Agong's Birthday

4th June

*Hari Raya Puasa

9th & 10th June

*Hari Raya Haji

16th August

National Day

31st August

*Awal Muharram

5th September

Deepavali

1st November (except Sabah, Sarawak and Federal Territory of Labuan)

Birthday of Prophet Muhammad

14th November

Christmas Day

25th December

STATE

New Year's Day

1st January (except Johor, Kedah, Kelantan, Perlis and Terengganu)

Sultan of Kedah's Birthday

19th January (Kedah only)

City Day

1st February (Federal Territories of Kuala Lumpur and Labuan only)

Thaipusam

26th January (Penang, Perak and Selangor only)

Sultan of Selangor's Birthday

8th March (Selangor only)

Hol Day (Sultan Ismail)

17th March (Johor only)

Anniversary Installation of Sultan of Terengganu

21st March (Terengganu only)

Good Friday

28th March (Sabah and Sarawak only)

Sultan of Kelantan's Birthday

30th & 31st March (Kelantan only)

Israk dan Mikraj

7th April (Kedah and Negeri Sembilan only)

Sultan of Johor's Birthday

8th April (Johor only)

Sultan of Perak's Birthday

19th April (Perak only)

Sultan of Terengganu's Birthday

29th April (Terengganu only)

Hol Day

7th May (Pahang only)

*Awal Ramadhan

10th May (Johor only)

Harvest Celebrations

10th & 12th May (Sabah and Federal Territory of Labuan only)

Nuzul Quran

26th May (Kelantan, Malacca, Perak, Perlis, Selangor and Terengganu only)

Dayak Festival

1st & 2nd June (Sarawak only)

Governor of Malacca's Birthday

11th June (Malacca only)

Governor of Sarawak's Birthday

7th July (Sarawak only)

Governor of Penang's Birthday

16th July (Penang only)

Yang Di Pertuan Besar of Negeri Sembilan's Birthday

19th July (Negeri Sembilan only)

*Additional holiday for Hari Raya Haji

17th August (Kedah, Kelantan, Pahang, Perlis and Terengganu only)

Governor of Sabah's Birthday

10th September (Sabah only)

Raja of Perlis' Birthday

6th October (Perlis only)

Sultan of Pahang's Birthday

24th October (Pahang only)

* Subject to change

Malaysia: The Four Tourist Regions



A bird's-eye view of Kuala Lumpur city.

We have divided the country into four specific regions, geographically, to make it easy for the traveller to select the destination that suits him. You can visit one or a combination of the regions.

- 1. Kuala Lumpur/Malacca**
The capital city, historical area and hill stations.
- 2. Penang/Langkawi**
Tropical island paradise spots.
- 3. East Coast**
Rural Malaysia with magnificent beaches, giant turtles and superb crafts.
- 4. Sabah/Sarawak**
For adventure seekers, mountain climbing, longhouses, ancient rain forests and the orang utan sanctuary.

Kuala Lumpur/ Malacca Region

This region is a popular tourist destination with an immense variety of interest catered for. It encompasses the Federal Territory of Kuala Lumpur and the states of Selangor, Negeri Sembilan and Malacca. For quick and easy reference we list the main attractions:

KUALA LUMPUR – FEDERAL TERRITORY

Colourful Kuala Lumpur is a bustling cosmopolitan city with a rich mix of architectural styles from Moorish to Tudor. It is a modern city, but yet preserves a charm from another era, and the two are in complete accord. Kuala Lumpur's main street has magnificent Moorish buildings on one side, with cute arches, domes and spires, and a playing field with a Tudor-styled clubhouse in the background. And



more often than not, a hockey or cricket game would be in progress on this palm-fringed green and those passing by on foot or motorcycles would stop by to view the game before moving on.

Further down the road are the Railway Station and Railway Administration buildings, both in quaint Moorish style again. And the delightful part about all these buildings are that they are still in use as their builders meant them to be – not just empty monuments standing there to gather dust.

Getting There

By Air: Subang Airport, 24 kilometres from town, is the gateway to Kuala Lumpur. The fare by taxi (coupon system) to the town centre (Railway Station) is \$15.60

By rail: By rail from either Singapore or Butterworth, the fare for Second Class air-conditioned coach is M\$28.00. Taxis are available from the Railway Station to any part of town.

By out-station taxis: Kuala Lumpur is also accessible by out-station taxis from Johor Bahru and most major towns in Peninsular Malaysia. Enquire at the nearest tourist information office or your hotel as to the cost.

By express bus:

Singapore/	approximately
Kuala Lumpur	M\$17.00
Butterworth/	approximately
Kuala Lumpur	M\$15.50
Kota Bharu/	approximately
Kuala Lumpur	M\$25.00

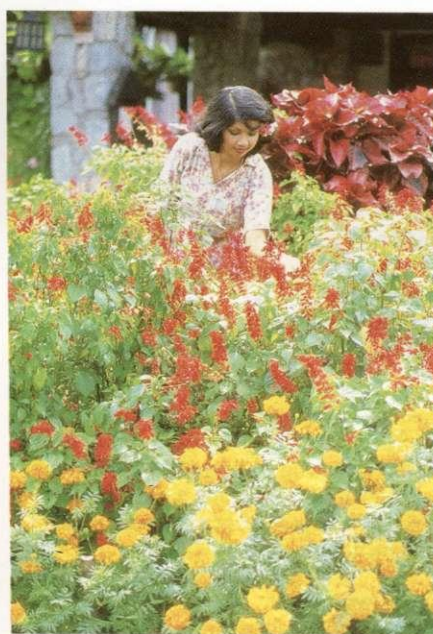
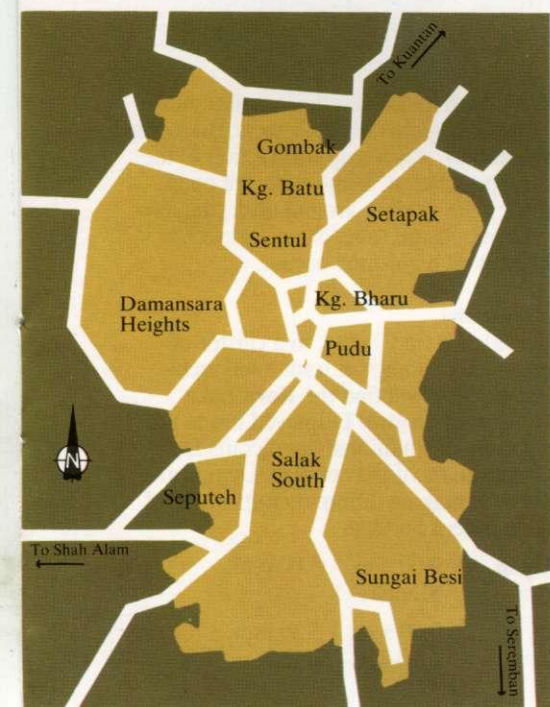
The main bus terminal in Kuala Lumpur is Pudu Raya Terminal on Jalan Pudu. For Kota Bharu and the East Coast, a fleet of buses also arrives and departs from Medan Tuanku on Jalan Tuanku Abdul Rahman. The fares quoted above is for air-conditioned buses. The fare for non-airconditioned buses is slightly lower.

Sightseeing Tours

Organised sightseeing tours are available. Please check with your hotel or the nearest tourist information office for times and fares.

Note: When you are in Kuala Lumpur, you can get a free copy of the "Kuala Lumpur/ Penang This Month" booklet which gives more details. The Kuala Lumpur map and guide is useful too. These are available either at the airport, the K.L. Visitors Centre at Jalan Sultan Hishamuddin or the Kuala Lumpur Office of the T.D.C.

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.



A flower nursery in Kuala Lumpur's Lake Gardens.

Places to visit

National Museum

Situated on Jalan Travers, at the entrance to the Lake Garden, is the National Museum. This building was built in old Malay Style architecture and was completed in 1963. Displays relate to the country's history, arts and crafts, weapons, currency, birds and mammals, entomological specimens as well as Malaysia's major economic activities.

Opening times: Daily from 9.00 a.m. to 6.00 p.m. Closed on Fridays from noon to 2.45 p.m. Admission free.

National Museum of Art. Jalan Sultan Hishamuddin

A variety of exhibitions featuring Malaysian artists are featured throughout the year.

Opening Times: Daily from 10.00 a.m. until 6.00 p.m. during exhibitions. Closed on Fridays between 12.15 p.m. and 2.45 p.m. Admission free.

Lake Gardens

Situated by a small lake, it is a pleasant place to walk among well trimmed lawns, brilliant tropical flowers and trees. The garden provides picnic areas, play areas for children, boats on the lake at modest rates and stalls offering snacks and drinks. The National Monument a great sculpture in bronze, is dedicated to the members of Malaysian and Commonwealth forces who fought against communist insurgents in the 1950s.

National Mosque

Near the railway station, on Jalan Sultan Hishamuddin, you will find the beautiful National Mosque amidst a cool serene area of pools and fountains. You are required to leave your shoes by the steps outside and wear covered clothing to walk inside the mosque.

A 73 metre high minaret rises from the centre of the pool. The Mosque is open to the public from 9.00 a.m. to 6.00 p.m. every day except Friday when it is open from 2.45 p.m. to 6.00 p.m.

The Zoo and Aquarium

Thirteen kilometres outside the city, the zoo with 200 species of Malaysian and exotic animals, birds and reptiles – and the

aquarium with 80 species of marine life – are popular with visitors and residents alike. Elephant and camel rides and a pleasant restaurant by a small lake make it an ideal place to spend the day.

Open : Daily from 9.00 a.m. to 6.00 p.m. including public holidays.

Admission : Adult M\$3.00
Child M\$1.00
Camera M\$1.00

Sunday Market

The Sunday Market, though it opens every Saturday evening at Kampung Bahru, is a famed local bazaar selling a great variety of Malaysian food, delicacies and handicrafts including beautiful batik.

Chinatown

One of the busiest and most colourful parts of the city is Chinatown in Petaling Street.

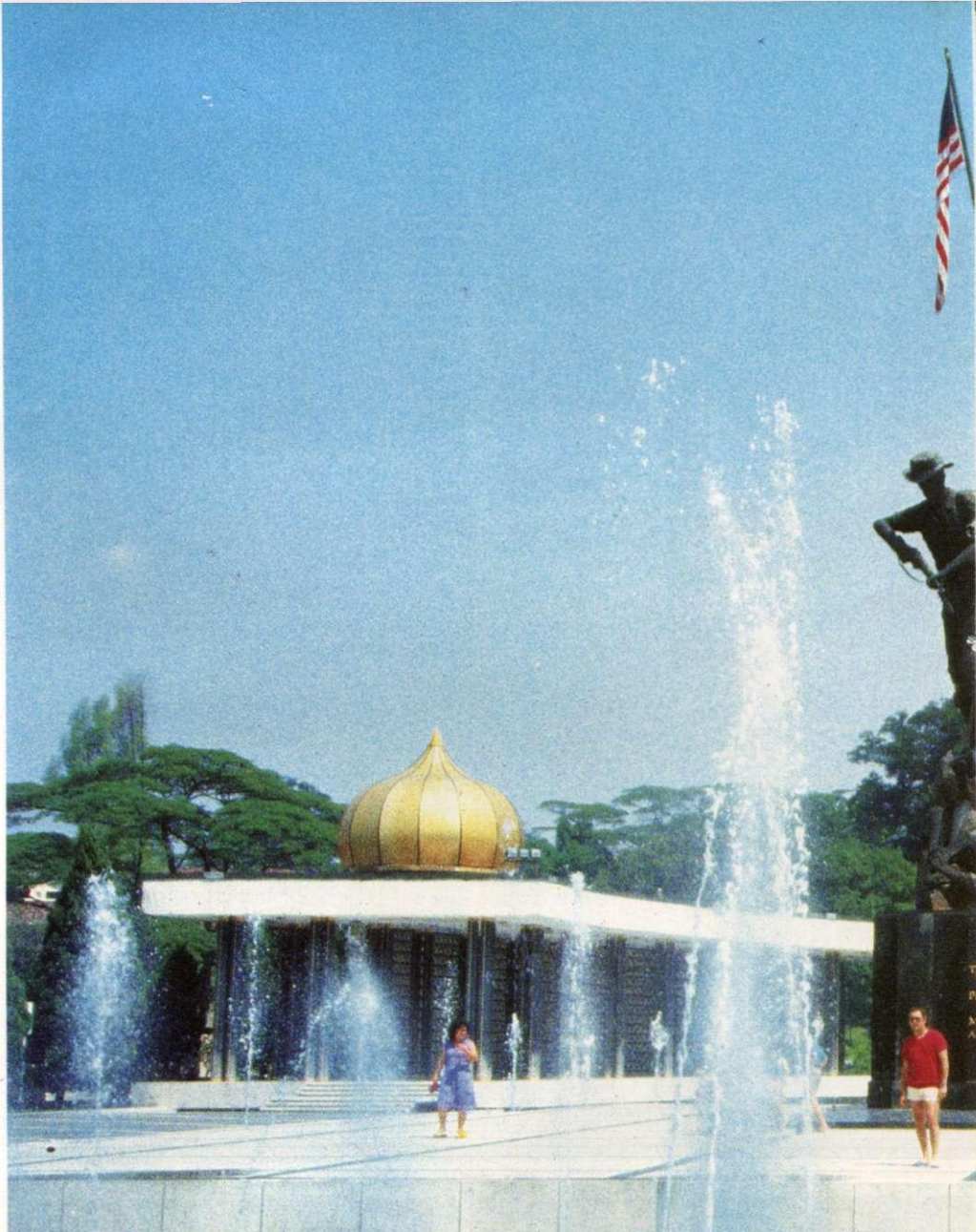
With open markets selling textiles, herbs, household goods, fruit, flowers, cakes and vegetables, it is a major attraction to the local population. Some stalls are open during the day but around dusk, the day-time streets are transformed into a brightly-lit night-time bazaar.

Karyaneka

On Jalan Raja Chulan, in a cluster of beautiful buildings of traditional architecture, you will find the Karyaneka Handicraft Centre. Displayed inside are a variety of traditional handicrafts from various parts of the country. Demonstrations on making different crafts are held daily except Sundays.

Open : 9.00 a.m. – 5.00 p.m.
Monday

9.00 a.m. – 5.30 p.m.
Tuesday – Sunday



National Monument.



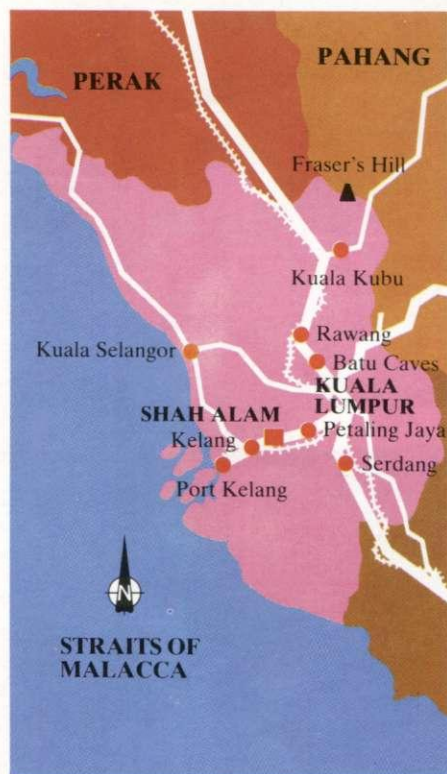
National Mosque.

Malaysian Armed Forces Museum

Situated along Lorong Kubu, off Jalan Padang Tembak, the museum houses pictures, exhibits of weapons, uniforms and decorations of all 3 services of the Malaysian Armed Forces. Also weapons captured from communist terrorists. The surrounding area displays old cannons, vehicles and aircrafts used by the armed forces.

Open: Daily from 10.00 am – 6.00 pm.
Closed on Fridays.

US\$1.00 = M\$2.50.
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Rice-fields in Tanjong Karang.

SELANGOR

The state of Selangor is on the west coast of Peninsular Malaysia and covers 124,450 square kilometres. The capital is Shah Alam. You need a car to move about and see places in Selangor. Local buses run from Kuala Lumpur but can be rather crowded.

Places to visit

Petaling Jaya

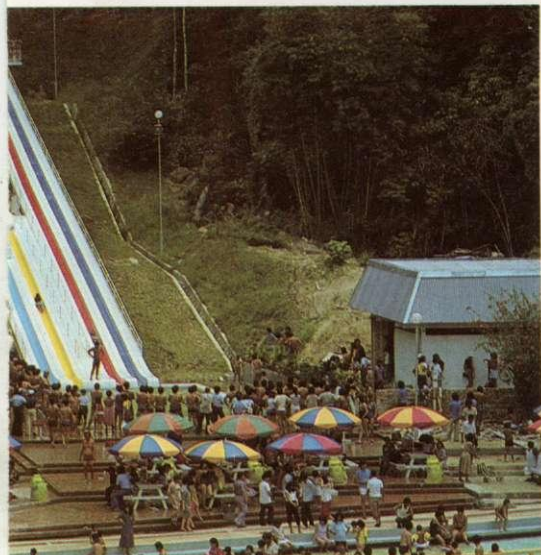
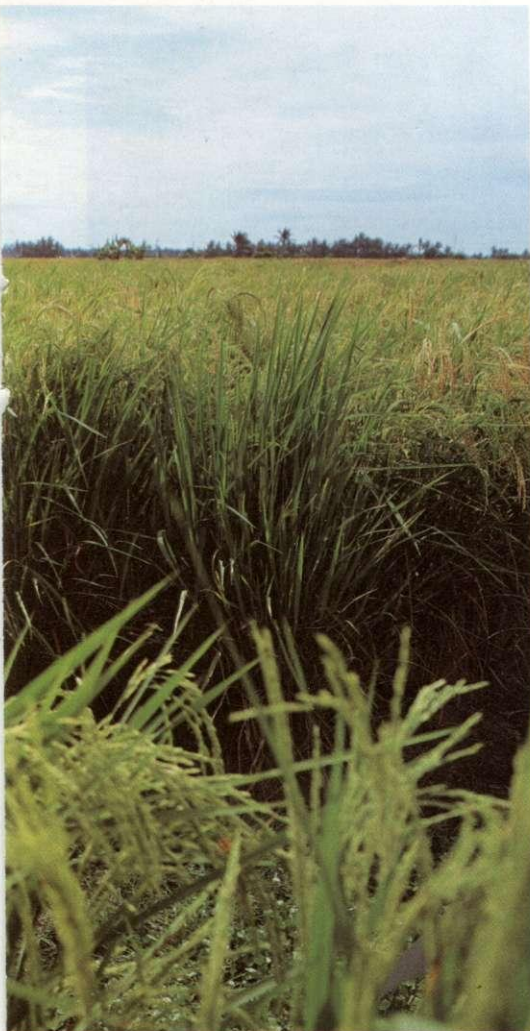
The satellite town started off as a suburb of Kuala Lumpur but grew up into a totally self-contained town with schools, cinemas, hospitals and recreation parks. It is a residential as well as an industrial town.

Kelang

A Royal Town with a magnificent Mosque and the Royal Palace, the "Istana Alam Shah". Kelang is much older than Kuala Lumpur. The miners who came to look for tin around Kuala Lumpur, started out from Kelang.



Mimaland's swimming pool.



The Kota Darul Ehsan arch built across the Federal Highway.

Port Kelang

Port Kelang is the port for Kuala Lumpur. Cargo, as well as passenger ships dock there.

Kuala Selangor

Situated on the banks of the Selangor river, Kuala Selangor is the site of the historic Kota Malawati (Fort Altingsburg) believed to have been built two hundred years ago.

Mimaland

Eighteen kilometres east of Kuala Lumpur, is Mimaland. Mimaland is made up of 12 hectares of lake, mountain streams and hills offering swimming, fishing, boating and jungle trekking. Travel to Mimaland is either by car or bus. The bus terminal is the Pudu Raya Terminal on Jalan Pudu.

Admission to the resort:

M\$2.00 Adults

M\$1.00 Children

Batu Caves

Thirteen kilometres out on the route going north is the location of Batu Caves. You have to climb 272 steps to reach the cool interior of the caves. They contain a Hindu Shrine and during the Hindu religious festival of Thaipusam, devotees climb to the Cathedral Cave. The Museum at the foot of the caves has an interesting display of Hindu mythology.

Local buses to Batu Caves start from the Pudu Raya Terminal.

Selangor Pewter

In the light Industrial area of Setapak is a factory world famous for its manufacture of Malaysian Pewter. Pewter is made from refined tin, antimony and cooper. Visitors can see the pewter being worked at the Demonstration Centre.

Open : 8.30 a.m. to 4.45 p.m.
Monday to Saturday
9.00 a.m. to 4.00 p.m.
on Sunday and public
holidays.

Selayang Batik Factory

On the same road as the one to the caves, is the Selayang Batik Factory, specialising in hand-made and block-printed batiks. Demonstrations are held during working hours six days a week except for the period between 1.00 p.m. to 2.00 p.m. when they close.

Open : Mondays to Fridays
9.00 a.m. – 1.00 p.m.
Saturdays.

US\$1.00 = M\$2.50.

The exchange rate quoted above is indicative only and is subject to change.

NEGERI SEMBILAN

Meaning "the state of nine districts", Negeri Sembilan is located on the west coast of Peninsular Malaysia covering 6,645 square kilometers. It has Seremban as its capital. Travelling within the state is easy and comfortable in cars, taxis or buses.

Places to visit

Seremban

A town that has been steadily growing over the years, Seremban today has an international standard hotel and various other tourist amenities. Situated along the North-South highway and 64 kilometers south of Kuala Lumpur, it is an ideal short-stop destination.

Seremban Lake Gardens

Consisting of two lakes surrounded by lush greenery, the Seremban Lake Gardens carries along standing reputation of being one of the more beautiful spots in the country. There is a floating stage on one of the lakes, where cultural shows are held during weekends. The Gardens also contain a well kept greenhouse and large green areas frequented by health enthusiasts, lovers and children.

Along the fringe of the Lake Gardens, stands the State Mosque. Built on a area of five acres, its architectural design symbolises the nine districts of the State – in the form of a nine-angled structure and roof.

Taman Seni Budaya

Situated at Labu Spur, Taman Seni Budaya spreads at present over 8 acres, while another 23.6 acres are reserved for future development. Its main purpose is for the preservation, study and improvement of the Cultural Arts.

At present it houses the Handicraft Centre and Workshop, the State Museum and the unique Minangkabau House (which incidentally was constructed without nails).

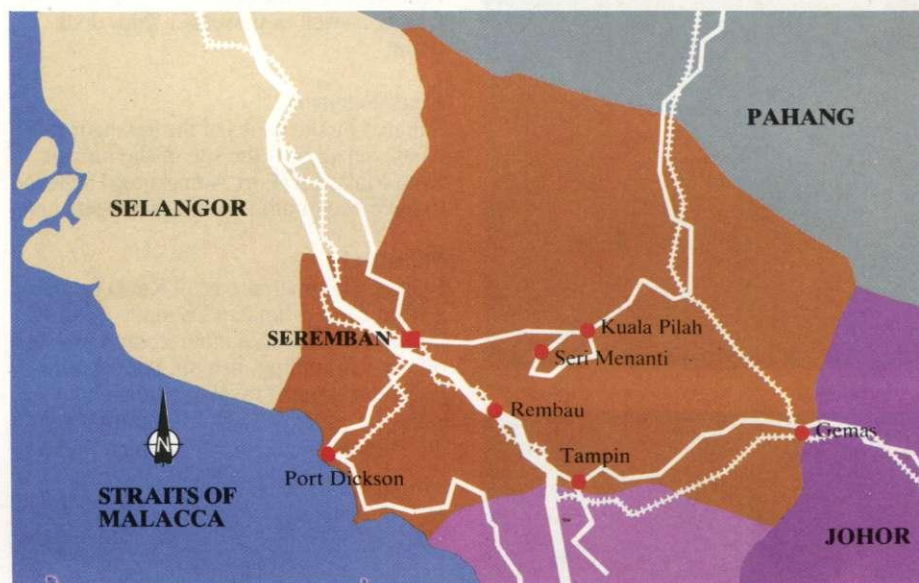
Future Plans include a performance hall, seminar rooms, a library, a hostel, a dining hall, a sports complex, restaurants, a children's playground and an amphitheatre.

Seri Menanti Palace

The construction of this elegant Minangkabau-style architecture was



Negeri Sembilan's state museum at Taman Seni Budaya.



completed in 1908, and until 1931, it was the official residence of the Yang Di Pertuan Besar, Tuanku Muhammad.

Situated 32 kilometers east of Seremban, it is a popular stop for tourists.

Port Dickson

Situated about 32 kilometers west of Seremban, Port Dickson is one of the best known sea-side resorts and probably the favourite playground for Malaysians during holidays and weekends.

This scenic resort boasts of superb beaches and crystal-clear water as well as a variety of hotels and holiday bungalows nestled under tall casuarina and banyan trees.

Popular sea sports are windsurfing and water-skiing and necessary gear for these and deep-sea diving is available. Visitors may also become temporary members of the Port Dickson Club, where various tourist amenities are available.





A traditional house in Malacca.

MALACCA

Malacca, 150 kilometres south of Kuala Lumpur, is one of the oldest towns of the country and is the area steeped in history. It has been colonised by the Portuguese, Dutch and British and they have each left their mark in the architecture of the city. There are several beach resorts nearby and more are being built.

Getting there

From Kuala Lumpur:

By air (MAS)	- M\$ 39.00
(MACAIR)	- M\$ 40.00
By outstation taxi	- M\$ 16.00
By express bus	- M\$ 6.50

From Singapore:

By express bus	- M\$11.00
By air	- M\$104.00

One way Fare

Attractions

Bukit China

In 1459, the Emperor of China sent his daughter, Princess Hung Li Poh, to marry the reigning monarch of Malacca, Sultan Mansor Shah. Her entourage consisted of 500 ladies-in-waiting. To accommodate them, the Sultan gave away Bukit China

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.



Cultural shows at Portuguese Square.



The Stadthuys now houses the Malacca museum.

or Chinese Hill for their residence. Today Bukit China rests in peace as the largest Chinese cemetery outside China. It covers 26 hectares and many of the tombs date back to Ming times.

Porta De Santiago

This is the only gateway left of the famous old Portuguese fortress. The walls were demolished by the British in 1807 when they occupied the Dutch settlement during the Napoleonic wars.

Medan Portugis (Portuguese Square)

Medan Portuguese is located at Perkampungan Portugis (Portuguese Village), Ujong Pasir, which is approximately 3 km from the town centre.

Mainly established for tourists, Medan Portugis is the venue for demonstrating Portuguese dances, cultural activities and festivals.

Stadthuys/Malacca Museum

The oldest Dutch buildings in the East, dating back to 1641 and 1660, the old State House features heavy hardwood doors with wrought iron hinges and thick masonry walls, a testimony to the Dutch mason and woodworker.

The new Malacca Museum exhibits Malacca's entire history to the present day.

Sultan's Well

This legendary well is situated at the foothills of Bukit China. It is generally believed that whosoever drinks of its water shall some day return to Malacca, as borne out by the fact that Admiral Cheng Ho returned several times to this fabled port after drinking from the well.

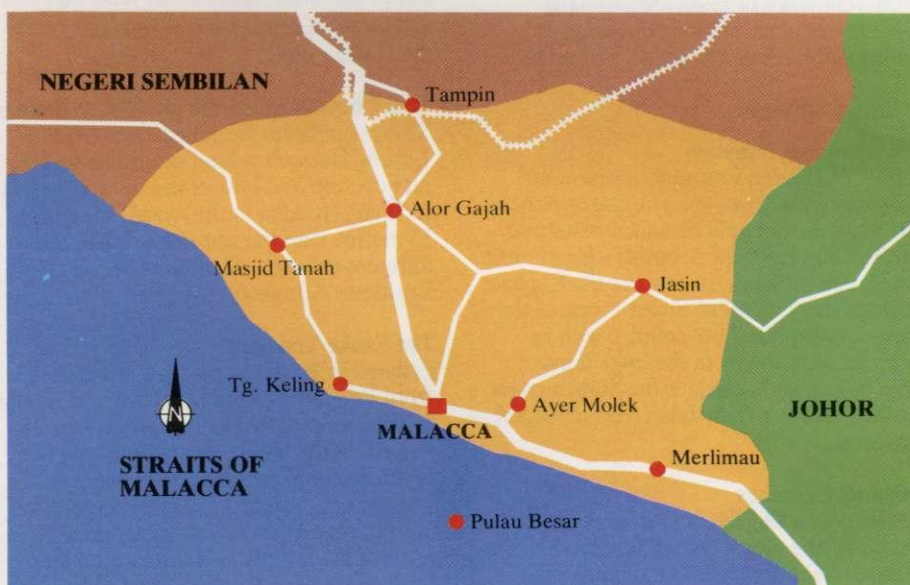
Today the well has been converted into a wishing well, where people throw coins.

Beaches

There are three beaches, Kelebang Besar, Tanjung Keling and Tanjung Bidara, set against a background of hills and dense green vegetation. In addition, the sea front has a number of popular eating places outdoors.

Antiques

With its ancient history as the main port of South East Asia, it is natural that many fine antiques have come to roost in Malacca. Its narrow, picturesque streets are full of treasures in the shape of antiques and visitors especially love to browse through them. Visitors should know that an export permit is necessary to take antiques out of the country and this is available from the Director General of Museums, Malaysia, in Kuala Lumpur.



Penang/Langkawi Region

Penang, Langkawi and Pangkor are idyllic tropical islands and the northern states of Perak, Kedah and Perlis are quite beautiful. The islands offer incomparable beach life and the perfect escape from everyday cares. The states too, dotted with picturesque mosques and padi fields, have enormous appeal.

PENANG ISLAND

Penang known locally as Pulau Pinang (betel-nut island) is the northern gateway to Malaysia. The capital is Georgetown. Apart from its appealing beaches, there is a lot to see and do in Penang. The food is wonderful, the shopping is quite interesting and the sights are unique. The local trishaw is a popular way of getting around short distances. The average cost is M\$1.50 for every kilometre. Agree on price before boarding.

Getting there

A fleet of ferry boats operate between from Butterworth and Penang. The car and passenger ferry takes 20 minutes for the crossing. The trip into Penang is free. You pay on the return.

Fares: Adult – 40 sen
Children – 20 sen
Cars 1201cc – 1600cc M\$5.00
more than 1600cc M\$6.00

Frequent air service radiate out of Penang to Kuala Lumpur, Kota Bharu, Singapore, Bangkok, Hong Kong, Medan and Madras. Bayan Lepas airport is 16 kilometres from Georgetown and 36 kilometres from the beach hotels. Coupon taxi service to town or beach resort from the airport costs approximately:

Town	M\$16.00
Beach Hotels	M\$23.00

By outstation taxi to Butterworth.

Fare: from Kuala Lumpur, M\$27.00 per person or M\$104.00 per charter taxi.

By express bus to Butterworth.

Fare: from Kuala Lumpur M\$15.50 in air-conditioned coach.
\$13.00 – non-aircon.

Bus terminal alongside ferry terminal in Butterworth.



Ferry service linking Penang to the mainland.

Note: Generally all means of ground travel terminate at Butterworth. Some taxis will take you across to Penang island for an extra charge. Otherwise take a ferry to Penang. At the other end there are taxis and trishaws. Taxis have no meters. Agree on the price first. Normally its about M\$4.00 to town centre and M\$10.00 to the beach resort.

Sightseeing tours

Different types of tours are available. Check with your hotel or the tourist information office for details and fares.

Places to visit

Mosques and Minarets

Three of Penang's mosques present an interesting contrast, the Mosque in Acheen Street, with its finely balanced minaret is a departure from the Moorish style of most Malaysian mosques. In contrast the Kapitan Keling Mosque in Pitt Street is one of the largest mosques in the country with its minaret separate from the huge dome. The largest and newest is the State mosque at the Jalan Air Itam/Jalan Masjid Negeri junction.

Historic Churches

St. George's Church in Farquhar Street in one of the oldest churches with its beautifully proportioned building, lofty

spire and tall white columns. Nearby is the twin-spired Cathedral of the Assumption.

Penang bridge

This bridge linking Penang to the mainland is the third longest in the world. This \$800 million project which started in 1982 was ready for use in September, 1985. Measuring 13.5 kilometres in length, the bridge has a life-span of 400 years and can withstand an earthquake as strong as 7.5 on the Richter scale.

Wat Chaymangkalaram (Reclining Buddha)

This magnificent Buddhist Temple in Lorong Burmah is built according to Thai architecture and houses the third largest reclining Buddha in the world. Measuring 33 metres long the statue combines three different cultures, Chinese, Thai and Burmese. Admission is free.

The Snake Temple

Located in Bayan Lepas, 1.6 kilometres from Penang International Airport, is the Snake Temple. Probably the only one of its kind in the world, the temple with live, venomous snakes is a popular attraction. The snakes, Waglers Pit Vipers, coil around objects on the altar and other parts of the temple as if intoxicated by the incense burned in the temple. Admission is free.



A Chinese temple



Penang Hill's funicular train service.

Penang Hill Railway

A funicular train takes visitors up the 701 metre Penang Hill. From the top, a magnificent panorama of sky, sea, beaches, junks, fishing boats and steamers can be seen spread out below. Upon the hill, the temperature drops to 18°C. This is a welcome change from the often high humidity present below. From the lower station at Air Itam, there is a half-hourly service from 6.30 a.m. to 9.30 p.m. Return rates are as follows:

Adult M\$3.00

Children (under 12) M\$1.50

Penang Hill is very crowded during weekends, school holidays and public holidays.

Botanical Gardens

Penang's Botanical Gardens, covering 30 hectares off Waterfall Road, is among the finest in the country. The collection of flowering plants and trees set in a valley surrounded by hills and the freely roaming rhesus monkeys makes it an extremely pleasant place to visit.

Beaches and swimming

Miles of incomparable beaches draw visitors the year round to Penang island. Fringed with international class hotels (as well as more modest ones) lovers of sun and surf will find their expectations fulfilled here.

Penang Museum and Art Gallery

The Penang Museum and Art Gallery are housed in a building in Leboh Farquhar.

The museum has a fine collection of historical items, including old photographs, maps and charts, a Chinese Bridal Chamber and a room full of Chinese ornamental gowns. The Art Gallery has fine exhibitions all year round.

Both facilities are open daily from 9.00 a.m. to 5.00 p.m. On Fridays there is a closed period between 12.15 p.m. and 2.45 p.m. the customary break for Friday prayers.

Batik Factory

The Batik factory in Penang could be included in a round-the-island tour by taxi. It is situated among the hotels on the beach at Batu Ferringhi and is open in the daytime. Here you can see the batik being dyed and hung out to dry.

Stalls

Stalls fall into two categories, those serving local fast food – but with such wonderful flavours – and the ones selling sandals, handbags, tee-shirts, batiks and even gems. The fast food stalls on Gurney Drive, Penang Road and Campbell Street include freshly cooked delicacies such as prawn mee, *Kari Kapitan*, *Satay* and *Laksa Asam* (noodles cooked with minced fish and tamarind juice). *Goo Bak Kway Teow* is beef noodles, and *Nasi Kandar* is steaming white rice with lashings of beef, chicken, fish curries and vegetables.

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.

PULAU LANGKAWI

Part of the state of Kedah, Langkawi is a group of 99 islands, most of them uninhabited, 30 kilometres off the coast of Kuala Perlis at the northern tip of Peninsular Malaysia. At present the group of islands is the place for people who do not want crowds and who want to get away from it all. The islands, where the Indian Ocean melts into the Straits of Malacca, were once a haven for pirates. Their main industry is a thriving fishing one and tourism is merely the gilt on the gingerbread. Still relatively remote and unspoiled, Langkawi islands are for those searching for the ultimate in tropical island beauty. It is an island of unwritten legends – like the seven-generation curse put on Langkawi by a Malay Princess unjustly accused of adultery and executed. Luckily, this curse is now time-expired. It is the islands where you can see fields of tiny silver fish – ikan bilis – lying out to dry like miniature knights in shining armour. This fish, full of iron and minerals, is used as an appetiser, to make stock and as a side dish.

Langkawi is also rich in legends. The legend of Mahsuri tells of a maiden unjustly accused of adultery by a rejected suitor. By the laws of the time she was condemned to death. "By my innocence, let my blood be white and let there be a curse on these islands for seven generations!" cried the helpless damsel before her execution. Her blood was white and Langkawi was beset by wars and attacks for many years after that. But the seventh generation has since passed and Langkawi lies once again peaceful and idyllic under the sun.

Getting There

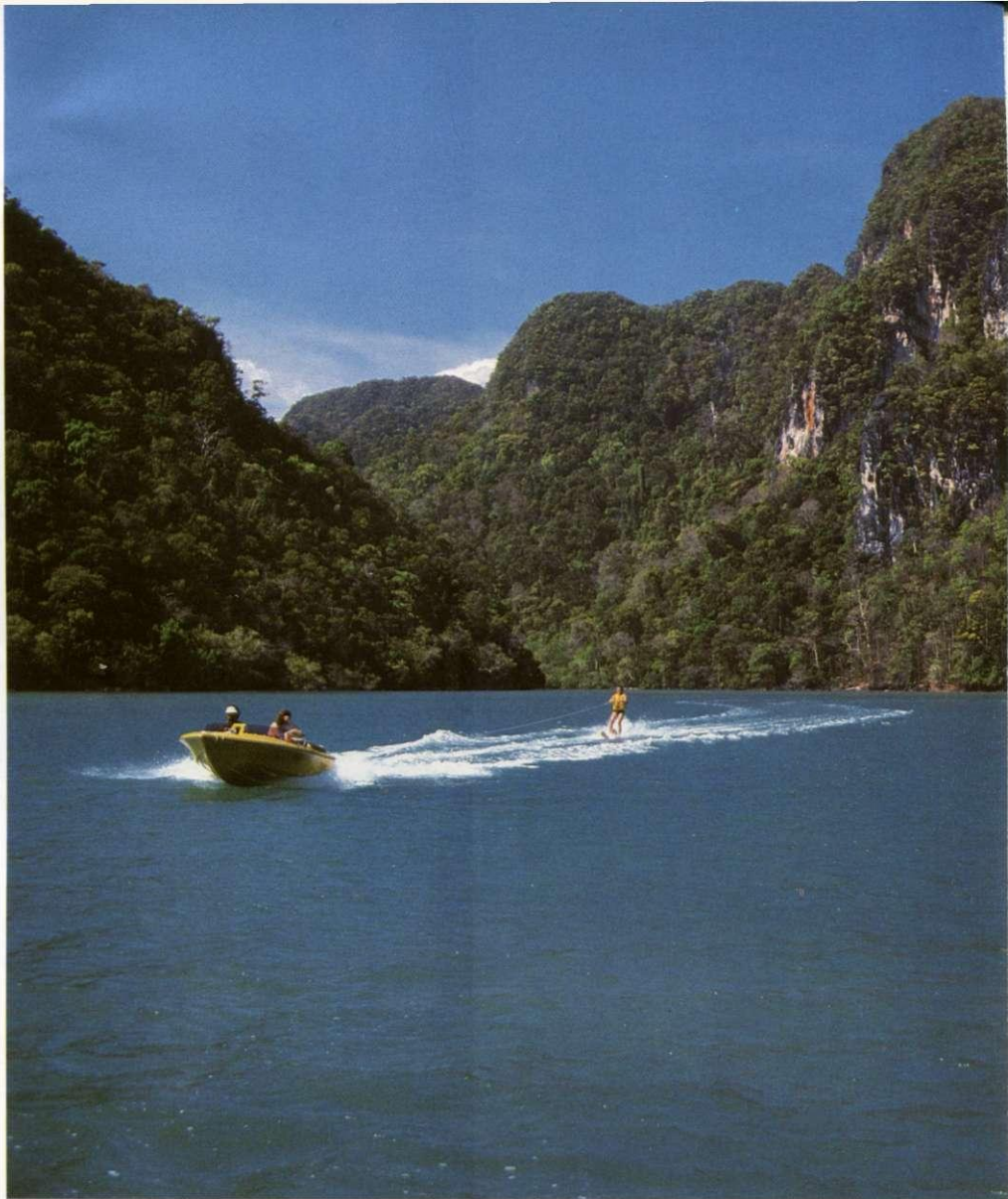
From Kuala Lumpur.

By air: MACAIR operates two flights a day between Kuala Lumpur and Langkawi. The flight leaves at 0800 a.m. and 11.35 a.m. Monday to Thursday and at 8.50 a.m. Friday to Sunday. The fare is M\$139.00 one way.

From Penang.

By air: MACAIR operates two flights from Penang to Langkawi daily. The flight leaves at 1.00 p.m. daily. The evening flight leaves at 5.00 p.m. daily. The fare is M\$65.00 one way.

For further enquiries, please contact MACAIR, phone 03-769772.



Water-skiing and wind-surfing offshore Pulau Langkawi

By sea: For the first and third week of the month, the ferry leaves Swettenham Pier at 11.00 p.m. only on Saturday and Sunday and arrives at 7.00 a.m. at Telok Ewa the next day.

For the second and fourth week of the month, the service is only available at 11.00 p.m. on Friday and at 12.00 noon on Wednesday. It arrives at Telok Ewa at 7.00 a.m. and 7.00 p.m., respectively, the following day. The fare is \$35.00 for a single journey and \$65.00 for a return ticket.

From Kuala Perlis.

By sea: Six ferry boats and a hovercraft provides scheduled crossing between Kuala Perlis and Langkawi. The fare varies from M\$4.50 to M\$10.00, reflecting the speed of the service. The slowest ferry takes 1¾ hours while the hovercraft, the fastest, takes approximately 35 minutes.

Note: On Langkawi island, taxis operate from the landing point to Kuah, the main town. The fare is \$1.00 per head on a shared taxi basis.

Sightseeing Tours

The principal hotel on Langkawi, the Langkawi Country Club, would organise tours of the island. Visitors can also rent a car, bicycle or motorcycle to reach many of the beaches on the Islands.

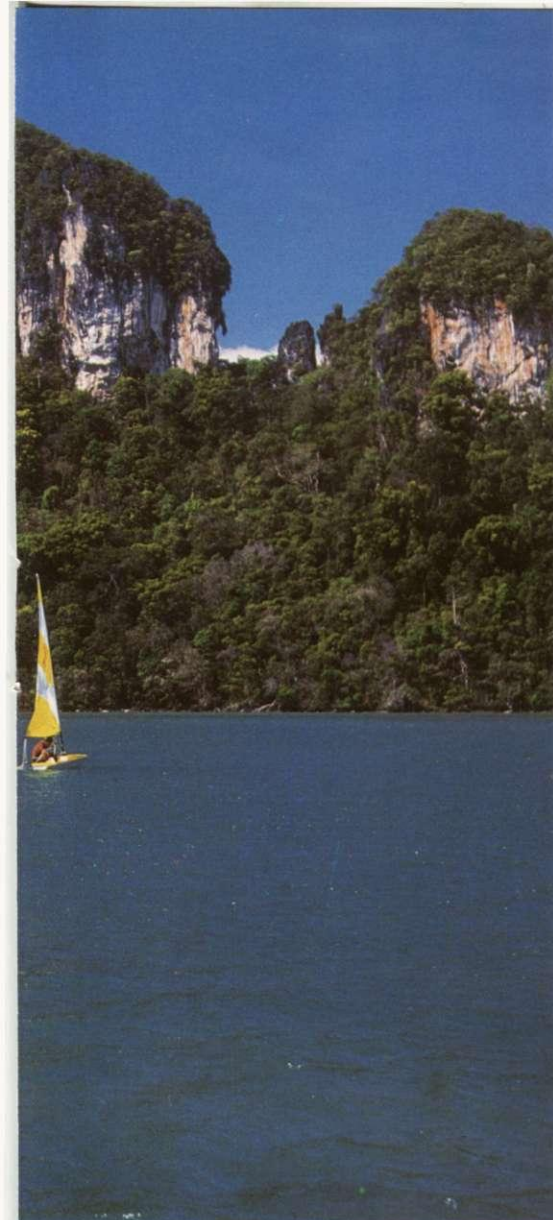
Places to visit

Kuah

This is the main town with a population of around 2,000 and the arrival port for ferries from Kuala Perlis. It is a one-street town along the water front and the bay is full of sunken fishing boats. Its main attraction is a picturesque mosque with Moorish arches, minarets and a golden dome. The mosque is attractively surrounded by palm trees.

Durian Perangin

This pretty waterfall is at the 9th milestone from Kuah, along a road lined with rubber plantations. The road to the waterfall turns off the main road. Watch out for the sign post indicating the turn-off.



Mahsuri's tomb.

Mahsuri's Tomb

Lovers of legend will want to visit the tomb of Mahsuri, the Langkawi maiden unjustly accused of adultery. As proof of her innocence, white blood flowed from her veins at her execution. The tomb is located in a small village, 12 kilometres from Kuah.

Telaga Tujuh

Telaga Tujuh is made up of a freshwater stream cascading 91 metres down through a series of seven pools. Most visitors would find it quite thrilling to slide from one pool to another. However, safety should also be kept in mind. Slippery rocks make sliding from the top-most pools dangerous. The lower ones are reasonably safe, but for children, adult supervision is still required.

Telaga tujuh can be reached either via an overland trek with a guide or else by an hour's boat ride from Kampong Pantai Kok.

Pantai Rhu

A beautiful beach with coves rich in coral and marine life, and ringed with shady casuarina trees. Visitors can walk to the neighbouring island at low tide, but be careful of the returning tide. Pantai Rhu is about 22 kilometres from Kuah and a favourite spot for picnics.

The Gua Cherita cave is found round the promontory, accessible by boat. This is where the tiny silver fish, *ikan bilis*, are laid out on mats to dry.

Padang Masirat

Translated, Padang Masirat means "the field of burnt rice". Over 200 years ago, a granary stood on the site. When the Siamese attacked and the island could no longer be defended, the granary was burnt rather than let it fall into the hands of the enemy. It was from this event that some of the blackened rice survived in a mixture with sand. After a rain, grains of blackened rice would appear from the sand. Padang Masirat is 19 kilometres from Kuah.

Tasek Dayang Bunting & Gua Langsir

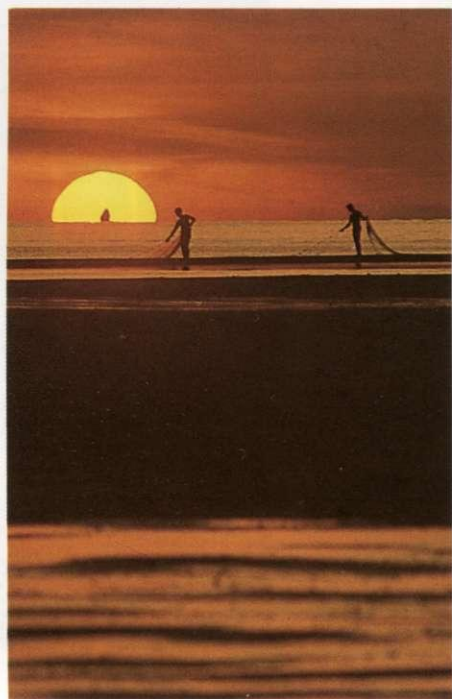
This is another island, south of Langkawi, with a fresh water lake called "The Lake of the Pregnant Maiden." Legend has it that a childless couple, after 19 years of being unable to produce a child, drank from this lake and had a baby girl afterwards. Ever since it has been a popular destination for pilgrims who want children.

The "Cave of the Banshee", Gua Langsir nearby is inhabited by thousands of bats. Marble is quarried on the island and shipped to the mainland.

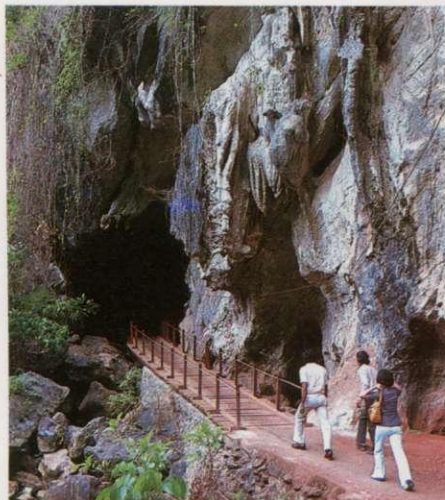
Recreation

Langkawi Island offers facilities for swimming, fishing, scuba-diving and boating. Golf, tennis and pony-trekking are available for the energetic. Bird-watching, butterfly hunting and discovering rare orchids are pastimes for nature lovers.

Touring round the island is by mini-bus, taxi, bicycle or hired motorcycle, all at inexpensive rates.



Sunset at Pantai Rhu.



Plank-walk leading to the underground tin-mine at Kaki Bukit.

PERLIS

Perlis, the northern-most state, lies close to the border with Thailand. It is an important rice-growing state and its capital, Kangar, is a small bustling town with a picturesque mosque.

Getting there

Taxi or bus from Butterworth or Alor Setar takes you to Kangar. The International Express train stops at Arau and Padang Besar. It is 56 kilometers north-west of Alor Setar in Kedah on the main road north to Thailand.

Places to visit

Arau

The Royal town of Perlis has a fine Istana (Royal Palace) and Royal Mosque.

Padang Besar

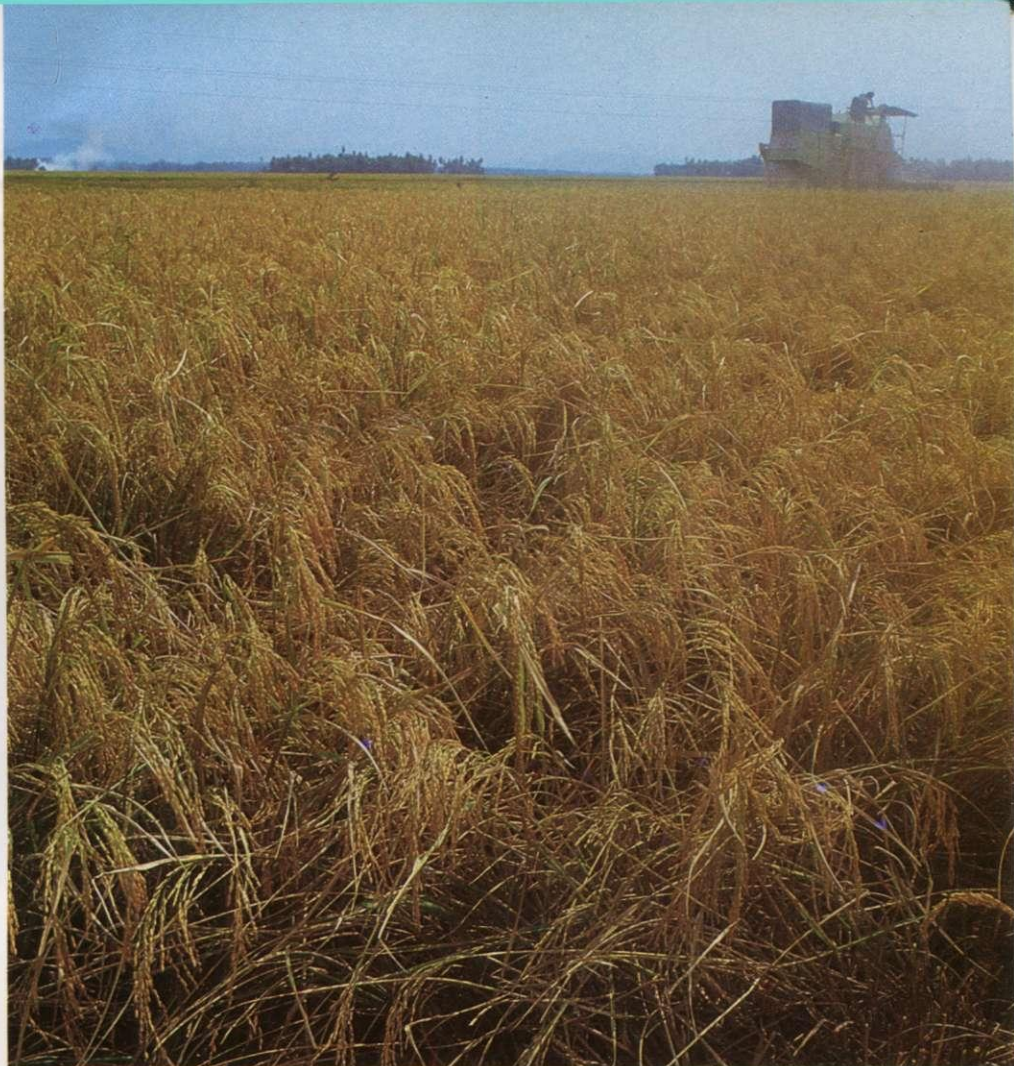
Padang Besar is the border town straddling the Malaysian-Thai border. It is very popular with local tourist and visitors alike with a two-way flow across the border. There is an Immigration and Customs post here for entry and exit formalities.

Kuala Perlis

This is a small market town at the mouth of the Sungei Perlis, 14 kilometres from Kangar and the jump-off point for the islands of Langkawi.

Kaki Bukit

This is a tin mining town where tin is taken from underground caves and crevices in the limestone cliffs.



Harvesting rice.



Balai Besar, Alor Setar.



Children playing near the rice-fields.

KEDAH

Kedah, a northern state with over a million population and covering an area of 9,425 square kilometres is truly the rice bowl of the nation. Vast stretches of padi fields backed by mountains is the scenery to expect here. Alor Setar, the state capital, is 96 kilometres from Butterworth and can be reached by air, road and rail. The town has a beautiful mosque, Masjid Zahir, where the monarch customarily performs his Friday prayers. The Wednesday market is a feature of life here. Students of history might like to visit the excavation sites on the slopes of Kedah Peak.

Getting there

By air: Alor Setar receives flights from Kuala Lumpur, Penang and Kota Bharu. MACAIR operates direct flights daily to Alor Setar from Kuala Lumpur. The flight leaves Kuala Lumpur 0800 a.m. once a day. From Penang, MACAIR operates 1 flight daily at 5.00 p.m.

By road and rail: Express buses, outstation taxis and the railways offer regular service from Butterworth to Alor Setar.

Places to visit

Masjid Zahir

The largest mosque in Kedah is a stately and serene building, used by the Ruler of the state and the people of Alor Setar. An annual Koran reading competition takes place here.

Balai Besar

Facing Masjid Zahir, though with a large space in between, is Balai Besar, the audience hall. The hall, built in 1898, embodies some aspects of Thai architecture. The Sultan holds audience in this building on his birthday and on other festive occasions.

Pekan Rabu (Wednesday Market).

Opposite the Government offices building is a market which used to be held weekly on Wednesdays, hence its name. Now it is open all week from morning until midnight with stalls selling local handicrafts as well as food.

Gunung Jerai (Kedah Peak)

At 1,206 metres, Gunung Jerai is the highest spot in northern Peninsular Malaysia. Myths and legends abound around this peak. According to the annals, a king who had fangs and lived on blood, used to live in the Bujang Valley on the foothills of this mountain.

Bujang Valley

Based on archaeological evidence, this valley is believed to be an important trade centre in the region between the 5th. and 8th. Century A.D. So far, more than 40 temple sites have been discovered and a number of temple bases have been restored. A museum at Bukit Batu Pahat houses artifacts, books and documents of the valley. It is an ideal place for nature lovers and could qualify as one of the country's historical parks.





PERAK

Perak is the country's richest tin state and has the world's richest tin deposits in its Kinta Valley. Covering an area of 21,000 square kilometres, it has a population of almost two million people. Its capital city is Ipoh, a charming town with wide streets and known for its cave temples, good Chinese food, ground nuts and pomelos.

Getting there

By air: Ipoh receives several flights a day from both Penang and Kuala Lumpur.

By train: From Butterworth to Ipoh, the Second Class air-conditioned coach fare is \$17.00 while from Kuala Lumpur, the fare for a similar class is M\$18.00.

By taxi: Out-station taxis to Ipoh are available from most major towns.

By bus: Air-conditioned express buses from Kuala Lumpur charges M\$8.60 to Ipoh while those from Butterworth charges M\$12.00.

Places to visit

Cave temples

Built into gigantic limestone outcrops the cave temples are found north and south of the town, on the main trunk road and provide an intriguing stopover for visitors driving through Ipoh.



Taiping Lake Gardens.

Kuala Kangsar

North-west of Ipoh, just off the main trunk road, is the royal town of Perak, Kuala Kangsar. It has a beautiful palace, the Istana Iskandariah, built on a hill overlooking the banks of the Perak River. The former palace, a fine example of Malay architecture, stands alongside the Istana in current use. The Ubudiah Mosque with its golden dome draws many visitors.

The Malay College, once exclusively for Royalty, is now a residential college. Two of the first three rubber trees planted in Malaysia – another great source of wealth for the country – still stand in the grounds of the District Office near the Agricultural Department.

Taiping

The old capital of the state of Perak, Taiping, is 88 kilometres south of Penang. Its Lake Gardens is among the most beautiful and colourful in the country. It has a State Museum with an interesting collection of ancient weapons, ornaments, aboriginal implements and archaeological specimens. The oldest tin-mining area in the country, the area around Taiping still produces tin.

Pangkor Island

The beautiful island of Pangkor, still relatively unspoiled and underdeveloped



A tin-mining dredge.

may be reached by ferry boat from Lumut in half an hour. Lumut is a seaport and naval base, 88 kilometres southwest of Ipoh and easily accessible by road. Pangkor Island has beautiful beaches, evergreen forests and fishing villages. Emerald bay is especially favoured for scuba diving and deep sea fishing. For the more energetic, there is a jungle walk up to the highest part of the island as well as paths by the shore where one can walk to villages and see local life.

Getting there

By boat: From Lumut there is a half-hour ferry service to Pangkor.

US\$1.00 = M\$2.50.
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Istana Kenangan, the old palace in Kuala Kangsar.





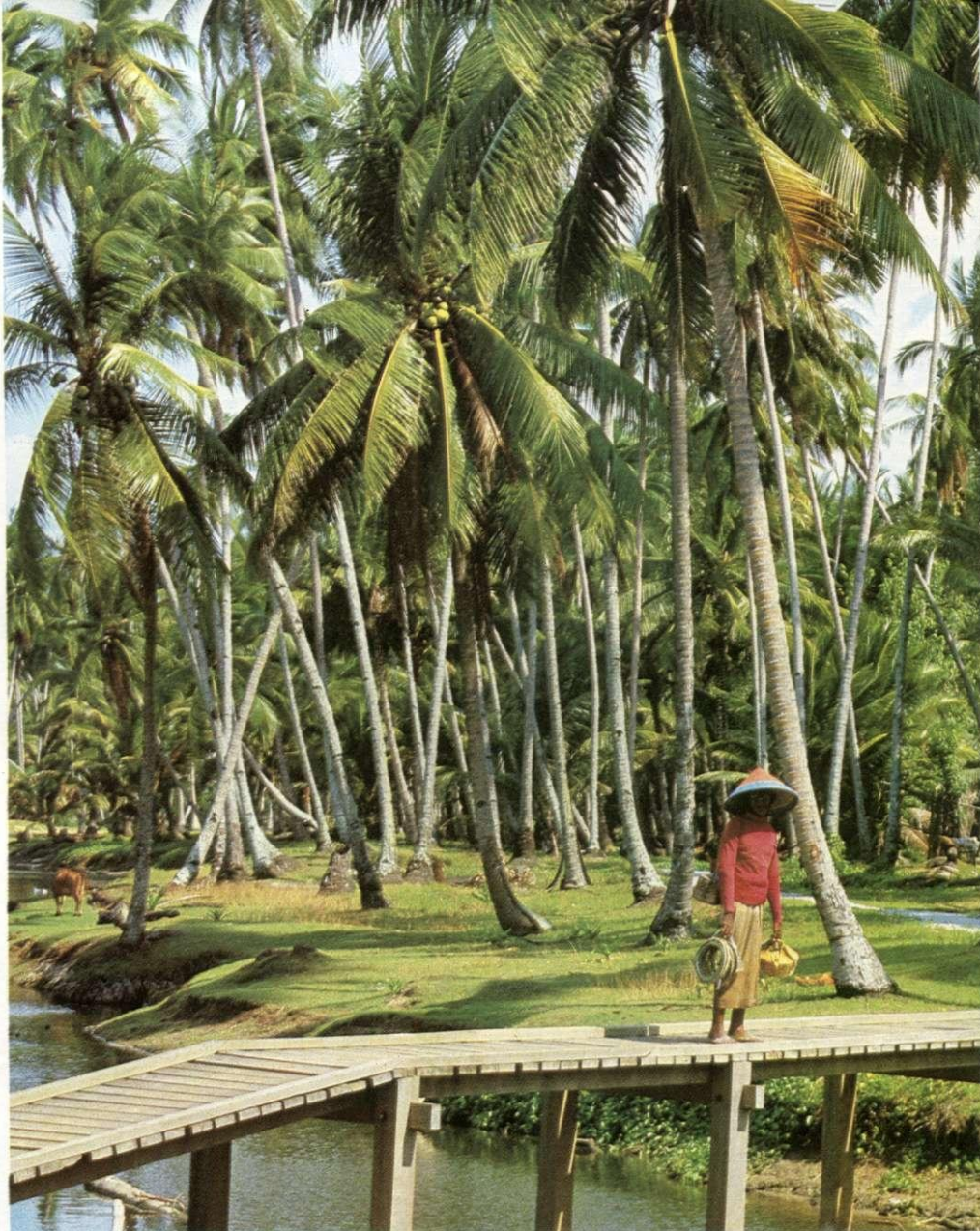
East Coast Region

The East Coast region of Peninsular Malaysia is a series of unspoilt beaches running all the way from Kota Bharu near the Thai border, down to the tip of the peninsula. It is a comparatively undisturbed area with traditional skills such as fishing, boat-making and village handicrafts being maintained until the present day. It is very much quieter than the west coast and to many people, this is the root of its charm.

Until the early 1970s, the East Coast was relatively isolated. The major ports, and consequently trade, were concentrated on the west coast. The roads going over were small and winding while that on the East Coast itself were punctuated by ferry crossings at many points. In the 1970s, major works were carried out and now two major highways link the East Coast to the West while the ferries themselves have given way to sturdy bridges.

The states of Kelantan, Terengganu, Pahang and Johor make up the East Coast region. Apart from their beach attractions, each state has its own handicraft specialty. Kelantan is famous for batik and kites, Terengganu with its copper-works and mat-weaving, and Pahang with its gold and silver brocades.

From May to September each year, giant leather-backed turtles return to the



Pantai Irama, Bachok.

32 kilometre stretch of beach at Rantau Abang to lay their eggs, each time swimming approximately 16,000 kilometres.

KELANTAN

Kelantan is the northernmost state on the East Coast. It has an area of 14,931 square kilometres and is steeped in tradition. The capital, Kota Bharu, is easily accessible by air and road from all other parts of the peninsula.

Getting there

By air: From Kuala Lumpur, Penang and Alor Setar, MAS flies into Kota Bharu daily.

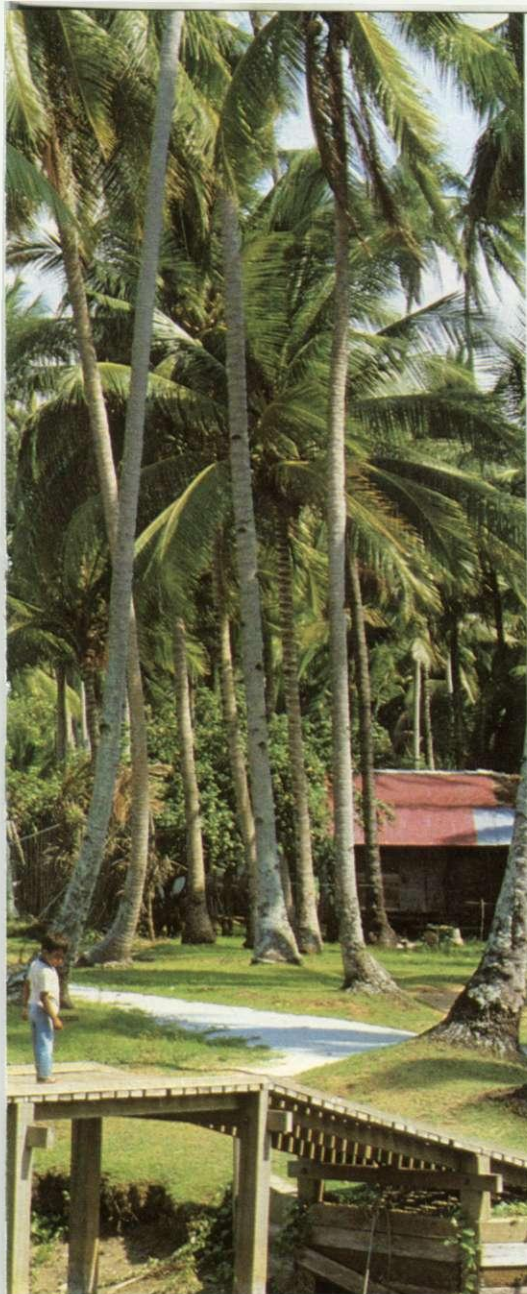
By taxi: From Kuala Lumpur, the taxi fare is M\$40.00 per head, from Kuantan, M\$25.00 and from Kuala Terengganu M\$10.00. Some taxis also ply directly between Kota Bharu and Johor Bahru. The fare is M\$46.00.

By bus: From Kuala Lumpur, the express bus fare is M\$25.00, from Kuantan, M\$15.00 and from Kuala Terengganu, M\$5.70. Through the North-East Highway, buses go direct to Butterworth, charging fares at M\$18.00. Buses also operate direct runs to Johor Bahru and Malacca. The fare is M\$28.00 for Johor Bahru and M\$25.00 for Malacca.

Note: In Kota Bharu, the bus stations are at Jalan Hamzah and Jalan Pendek.

Kota Bharu

Tucked away at the north-eastern corner of the peninsula, Kota Bharu was for a long time isolated from the rest of the peninsula except by sea. Given the isolation and the strong creative bent of its population Kota Bharu has become the nation's storehouse of culture and traditional skills.



A batik shop.

Places to visit

Central Market

This is a colourful and active market in Kota Bharu where most of the traders are women. Haggling, bantering and gossiping at the top of their voices, they offer a selection of food, batik and bamboo gifts. The market is open every day. It is surrounded by small stalls where visitors can have drinks and snacks.

Merdeka Square

This central square was built after World War I as a memorial. On one side is the State Mosque and at the end of the square is the Istana Balai Besar, the "Palace of the Large Audience Hall" dating from 1844. It is noted for its fine Kelantan wood carving. A magnificent royal barge once used for cruising on the Kelantan River in 1900 is in the palace. Next door is Istana Jahar which was built in 1889 and now serves as the state museum.

Wat Phothivihan

At Kampung Jambu, 15 kilometres north of Kota Bharu is a Malaysian Thai village with a population of about 200. A 40 metre long and 11 metre high reclining Buddha is the main attraction here, believed to be the largest in South East Asia.

Pantai Cinta Berahi

One of the casuarina-fringed beaches, the name translates as "the beach of passionate love". It is just north of Kota Bharu and on the way are small cottage factories making batik and songket which may be visited.

Pantai Dasar Sabak

Pantai Dasar Sabak is a beach 13 kilometres from Kota Bharu. Lined with palm trees and casuarinas it is a pleasant beach. It was here in December 1941 that Japanese troops landed before occupying Malaysia and Singapore.

Pantai Dalam Rhu

The Beach of the whispering breeze, Pantai Dalam Rhu is near the fishing village of Semarak, 50 kilometres east of Kota Bharu.

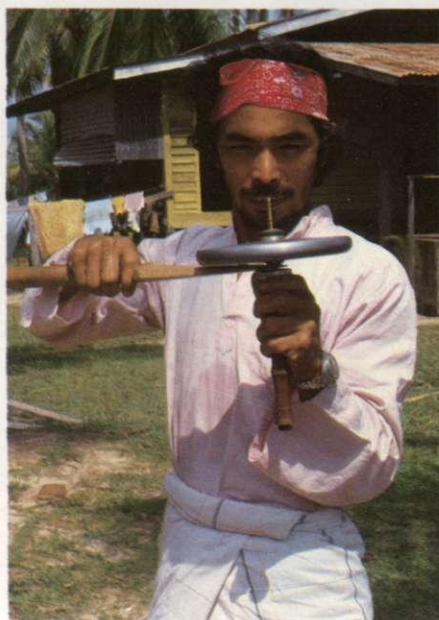
Pantai Irama

This is another beach with a romantic name, translated as the Beach of Melody. It is 25 kilometres south of Kota Bharu and is one of the finest beaches along a coast of superb beaches.

Masjid Kampung Laut

Masjid Kampung Laut the oldest mosque in Malaysia, is 10 kilometres south of Kota Bharu. It was built entirely of wood without the use of nails. Originally it was on the banks of Kelantan River, but it was in danger of flooding. So it was dismantled and moved to its present site.

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.



Top-spinning.

TERENGGANU

The State of Terengganu, with a land area of 12,995 square kilometres, is between the states of Kelantan and Pahang. From the northern border with Kelantan in the north, the coastline of Terengganu stretches down 225 kilometres till it meets with the border of Pahang in the south. Within this stretch are found blue waters, sparkling white sand and picturesque lagoons with fishing villages which would rival any beach scene anywhere.

The best time to come to Terengganu would be between April and September. At this time of the year, rainfall is very scarce. The visitor can be sure that every morning he gets up, there will be a clear sky, chirping of birds in the trees and vibrant sunshine.

Kuala Terengganu

Kuala Terengganu the capital is halfway down the coast between Kota Bharu and Kuantan. It is basically a fishing town and is now becoming a busy petroleum centre. The town stands on one side of the Terengganu river. There are two main streets, an excellent market and a small pleasant esplanade. The usual means of getting about is by trishaw.

The most colourful atmosphere of Kuala Terengganu is found at the bustling waterfront. From here, you can hire a boat for a modest sum, to ferry you to some of the idyllic offshore islands where fishing boats are still built without sketches or plans. Using skills inherited from his ancestors, the boat-maker builds a boat on the same scale of measurement and design as the old ones.

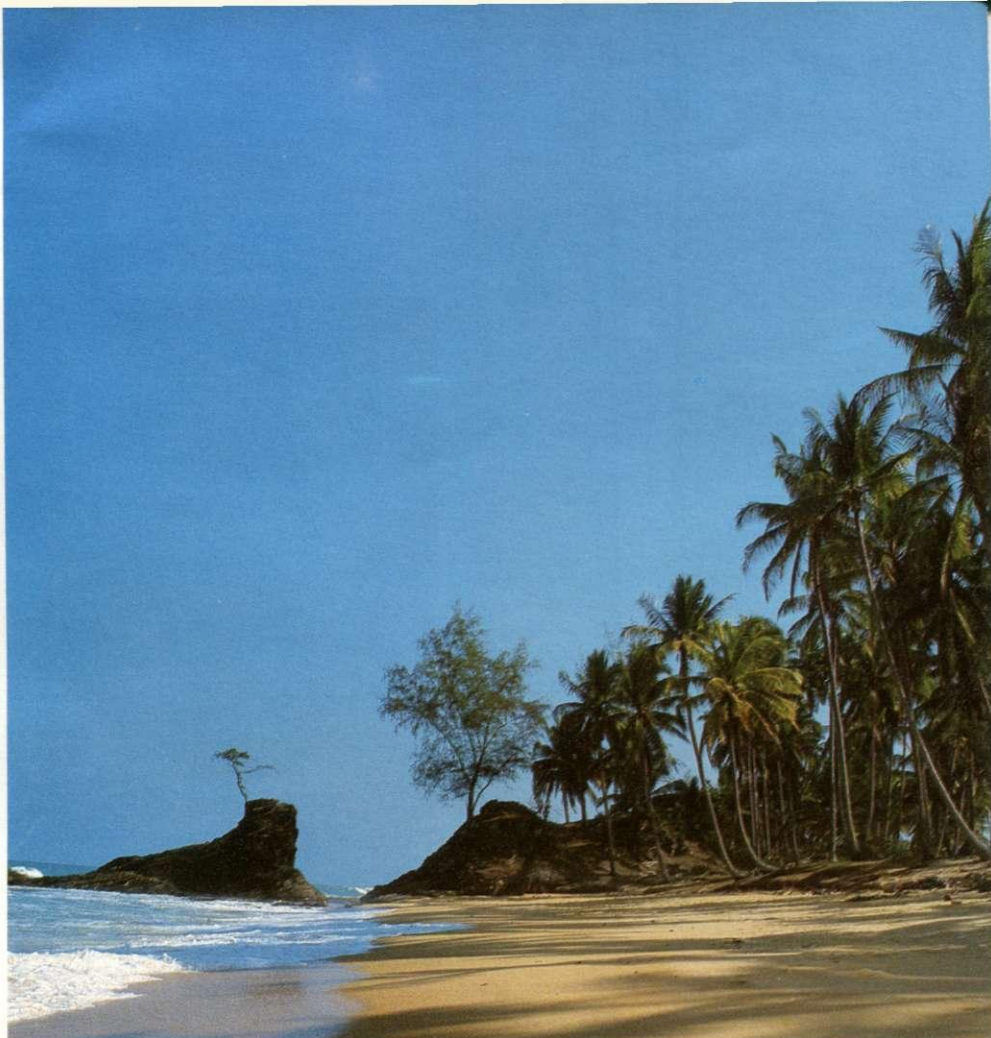
Getting there

By air: MAS serves Kuala Terengganu from Kuala Lumpur and Penang.

By taxi: Taxis from Kota Bharu charge M\$12.00 per head. Taxis from Kuantan charge M\$17.00 per head.

By bus: From Kota Bharu express buses charge M\$5.70, from Kuantan M\$7.00 and from Kuala Lumpur M\$20.00

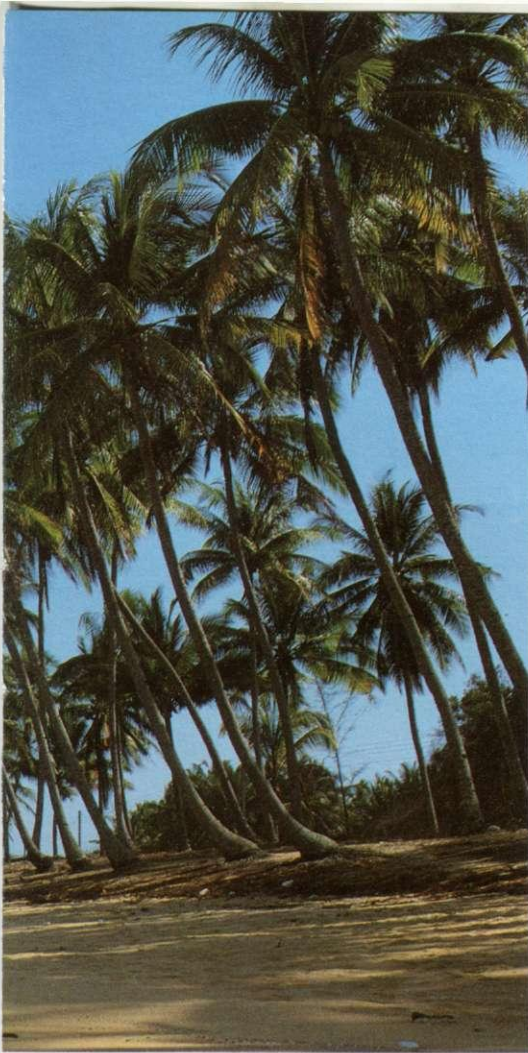
Note: The bus station is at Jalan Paya Bunga, while taxis operate from both Jalan Paya Bunga and the waterfront.



Rantau Abang beach.



Pulau Kapas, an uninhabited island.



Sightseeing Tour

Ask at your hotel or at the TDC regional office for help in organising a tour. Some visitors just go to the harbour and hire boats to take them out. Waterfront boat men are familiar with this.

Points of Interest

Turtle watching is an activity that is unique to Terengganu. From May to September giant leatherback turtles come to selected beaches within the 32 kilometres stretch around Rantau Abang each year, to lay their eggs. At one time, most of the eggs were taken for food by the local population, but now a government hatchery collects a percentage of the eggs from each beach, hatches them and releases the young turtles back to the sea.

Another activity popular among visitors is to visit an idyllic tropical island to swim, picnic and fish. Below we have listed two of the islands and the jumping-off points.

Pulau Kapas

This uninhabited island can be reached in half an hour by boat from Marang, a fishing village 10 kilometres south of Kuala Terengganu. From Marang, the crossing is

just 6 kilometres and you get to Pulau Kapas rather fast. The island is famous for corals and seashells.

Pulau Perhentian

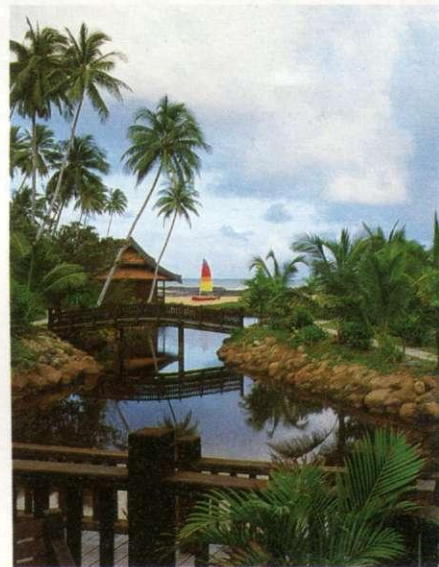
A lush tropical island surrounded by crystal clear waters, Pulau Perhentian is 20 kilometres away from Kuala Besut. A rest house with basic amenities and boat hire facilities can be booked through the State Secretariat, Kuala Terengganu or District Office, Besut.

Sekayu Waterfalls

In the jungles and hills at Kuala Brang, 56 kilometres west of Kuala Terengganu you will find the Sekayu Waterfalls. A dip in the pool at the foot of the waterfalls is a perfect way to cool off.

Rantau Abang

Rantau Abang, 56 kilometres south of Kuala Terengganu, is one of the best places to watch the giant turtles come ashore. A turtle museum has been established here and a restaurant and cottages are available for those determined to wait up for the turtles.



Tanjong Jara Beach Hotel.

US\$1.00 = M\$2.50.

The exchange rate quoted above is indicative only and is subject to change.

PAHANG

Pahang is the largest state in Peninsular Malaysia. With an area of 35,960 square kilometres, Pahang has vast tracts of rain forests and part of these forms the National Park. Kuala Tembeling, the gateway to the National Park is in Pahang.

On the coast, the scenery as well as the mode of life is similar to those in Kelantan and Terengganu. Fishing and village handicraft are maintained and Pahang's specialty is songket, the distinctive Malaysian brocade. From the old, old days Pahang was famous for songket and the skill has been passed on from generation to generation till the present day.



Weaving mengkuang mats.

Kuantan

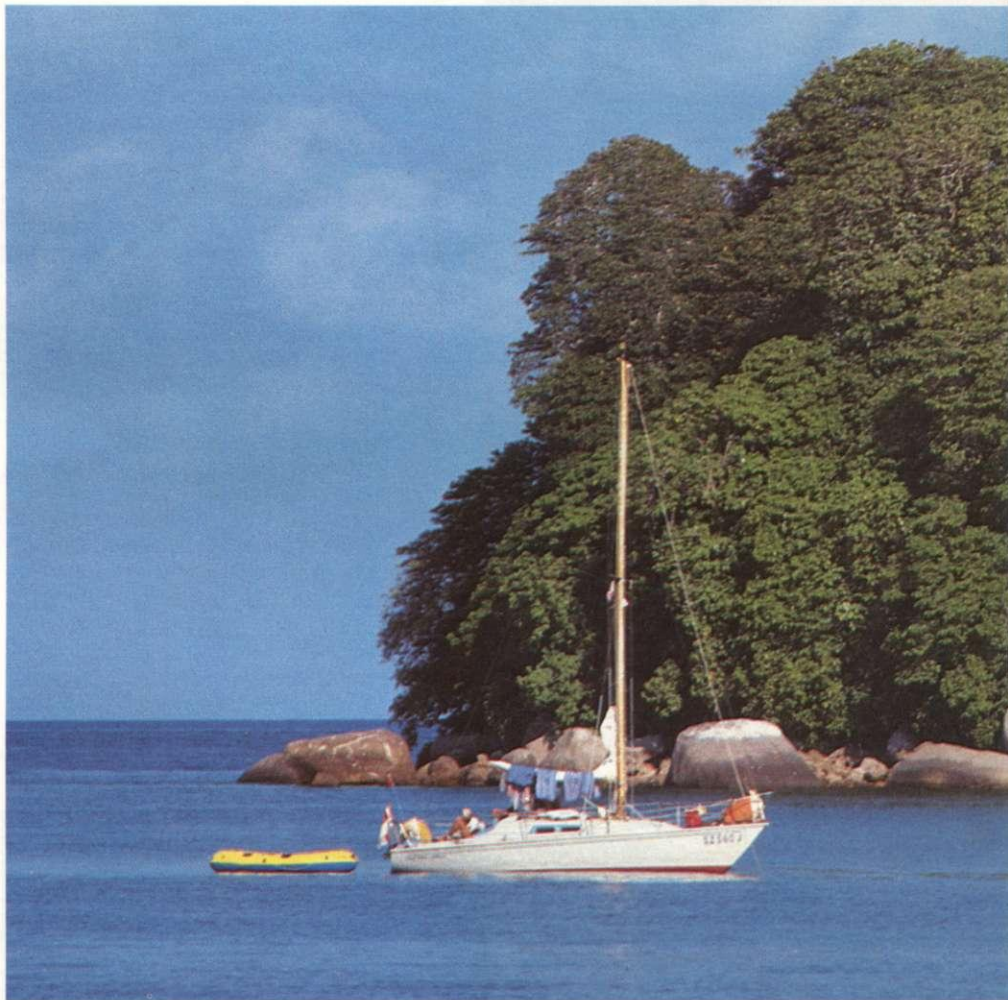
Kuantan, the capital, is a colourful, bustling coastal town mid-way between Singapore and Kota Bharu. The beach runs all the way from Kuantan to Kota Bharu. Kuantan has excellent hotels and restaurants and a very colourful fish market with newly landed catches of fishes, prawns, squids and other varieties fresh from the South China Sea.

Getting there

By air: MAS flies into Kuantan from Kuala Lumpur, Johor Bahru and Singapore.

By taxi: Taxi fare from Kuala Terengganu, is M\$17.00 from Kota Bharu, M\$25.00, and from Kuala Lumpur, M\$23.00 per head.

By bus: From Kota Bharu, the express bus fare is M\$15.00, from Kuala Terengganu, M\$7.00, and from Kuala Lumpur M\$11.00.



An island off Pulau Tioman.

Points of Interest

Beserah

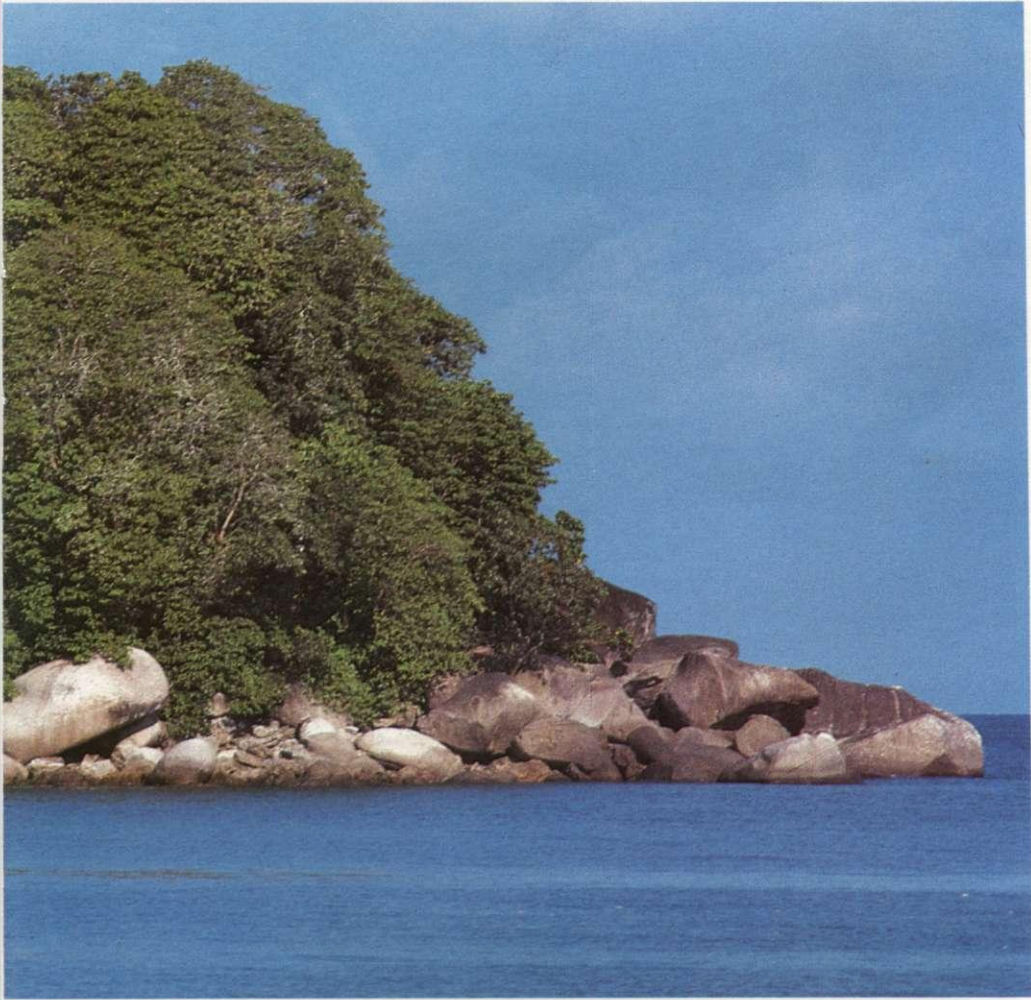
This small fishing village, 10 kilometres north of Kuantan is a centre for local handicrafts such as batik and carvings. Shell items can be obtained from the village of Sungai Karang, a bit further north. Kite-flying, top spinning contests and monkeys gathering ripe coconuts may also be seen here.

Tioman Island

This well-known island is 39 kilometres long and 19 kilometres wide. It may be reached in three hours by launch from Mersing. Covered with jungle and quite mountainous, Tioman is still idyllic with waters so clear that you see coral when you swim there. The reefs make it ideal for snorkelling and watching tropical fish in their natural habitat. Waterfalls complete the picture of perfection. It is possible to stay on Tioman in a modern hotel.



Beserah fishing village.



Songket-weaving, a popular handicraft in Pekan.

Getting there

By air: Fridays: Kuala Lumpur/Tioman. Dep. 09.30 arr. 10.50 hrs. Mondays: Tioman/Kuala Lumpur. Dep. 1400 arr. 15.20 hrs.

One way fare:
Adult: M\$125.00
Children under 12: M\$93.00
Children under 2: M\$13.00

Daily services Singapore/Tioman
Singapore/Tioman
Dept. 0930 arr. 1020
Tioman/Singapore
Dep. 1030 arr. 1120

One way fare:
Adult: S\$95.00
Children under 12: S\$46.00
Children under 2: S\$10.00

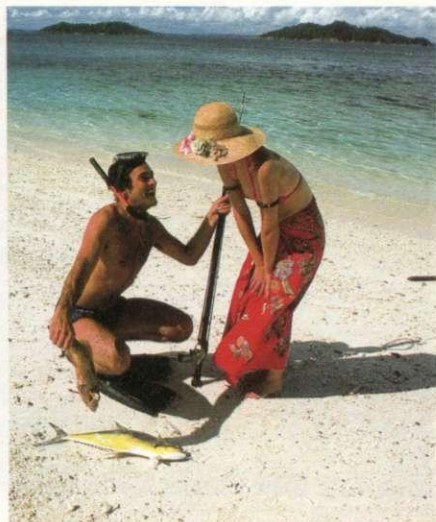
By launch: Daily from Mersing to Tioman. The timetable for launch departures are only made up one month in advance as departures depend on tides. Normally one trip a day is operated at around noon.

Fare:
Adult: M\$30.00
Child under 12: M\$15.00

Please note: It may be necessary to stay overnight at Mersing as the launch departure time is uncertain. Launch departures are subject to tides.

US\$1.00 = M\$2.50.
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Scuba-diving, one of the attractive water-sports off Rawa Island.

JOHOR

Johor is the only state on Peninsular Malaysia to have both an east coast as well as a west coast. Consequently, Johor has both the economic development associated with the west coast as well as beautiful beaches and off-shore islands characteristic of the East Coast.

Johor Bahru

Johor Bahru, the capital, is the southern gateway to Peninsular Malaysia. Connected to Singapore by a causeway carrying both road and rail traffic, Johor Bahru sees a substantial number of business as well as leisure travellers all year round. For this reason, Johor Bahru is well provided with food and accommodation facilities.

Getting there

By air: MAS flies into Senai, the airport for Johor Bahru, from Kuala Lumpur, Kuantan and Kuching.

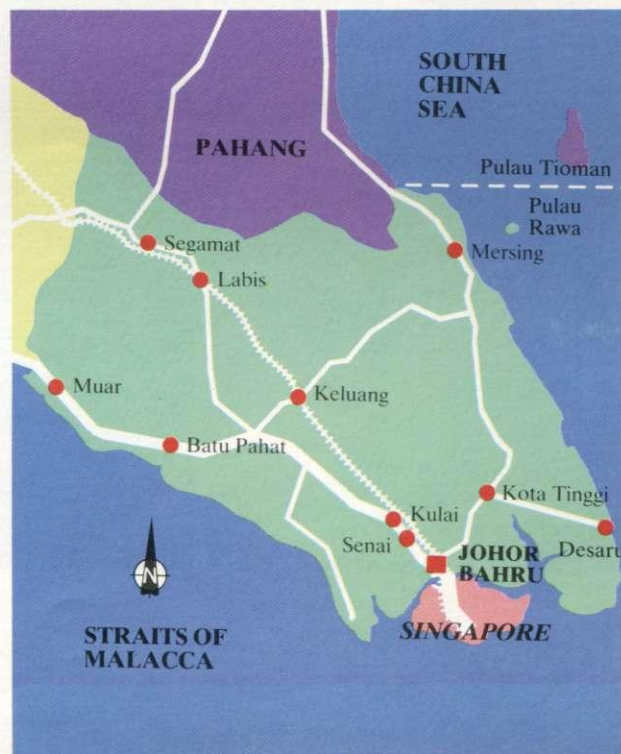
By taxi: Out-station taxis run trips from Kuala Lumpur, Malacca, Kuantan and even from Kota Bharu to Johor Bahru.

By bus: Express buses with air-condition charge M\$15.20 from Kuala Lumpur to Johor Bahru. From Malacca the fare on a similar basis is M\$7.00 while from Kuantan it is M\$16.00.

By rail: Malayan Railway operates both day and night service to Johor Bahru. The second class air-conditioned coach fare from Kuala Lumpur to Johor Bahru is M\$27.00 while that from Singapore is M\$8.00.



Rawa Island, a gem of an island.



Abu Bakar Mosque.

Points of Interest

Abu Bakar Mosque

Built in spacious grounds overlooking the Straits of Johor is this impressive mosque which took eight years to build. It was finished in 1900 at a cost of M\$400,000.

Johor Lama (Old Johor)

Of considerable historical interest, Johor Lama is a small village on the Johor river 30 kilometres from Johor Bahru. Archaeological excavations have uncovered interesting relics and the fort has been restored.

Until 1587, Johor Lama was the royal seat of the Johor Kingdom and a thriving trading port. In that year however, the three-year quarrel between Johor Kingdom and the Portuguese culminated in a Portuguese raid on Johor Lama. With 3 galleons, a number of smaller ships and 500 men, the Portuguese attacked the Johor fort from July 20th. to August 15th. 1587. When the fort fell, the city was sacked and a large booty of precious metals and other treasures was carried away by the Portuguese. The city never recovered after that.

Today, Johor Lama is easier reached by launch rather than by road.

Rawa Island

Rawa is the next most developed island (after Tioman) among the islands off Mersing. It is quite tiny and only 10 kilometres offshore. Departures for Rawa are from Mersing. Chalets built on stilts in the old Malay style offer accommodation only a few meters from the beach. Marine life flourishes in the clear water. Skin diving, scuba diving, fishing, collecting shells and hunting lobster are some of the exciting things to do on this gem of an island.

Getting there

By bus to Mersing from Kuantan

Fare: M\$9.00 air-con.

M\$6.00 non air-con.

Bus to Mersing from Johor Bahru

Fare: M\$5.00 non air-con.

By Taxi, Kuantan to Mersing

Fare: M\$12.00 per passenger.

Johor Bahru to Mersing

Fare: M\$10.00 per passenger.

By boat from Mersing to Rawa

Fare: M\$15.00 per person (return).

Desaru

A resort approximately 98 kilometres to the north-east of Johor Bahru, Desaru has more than 25 kilometres of unspoilt beaches. All kinds of sports, from snorkelling, swimming and canoeing to jungle-trekking can be enjoyed here. For those who enjoy golfing, there is an 18-hole course.

Three top-class hotels are already established at Desaru offering impressive resort facilities, with emphasis on sea sports such as fishing, snorkelling, swimming, boating and canoeing.

Desaru is only two and a half hours' journey from Singapore by shuttle bus, or it can be reached by ferry boat from Singapore. The ferry fare includes taxi service from the jetty to the resort. New 42 seater ferries will cut the sea time to 50 minutes. From the landing point it takes another 50 minutes by road to reach Desaru.

US\$1.00 = M\$2.50.

The exchange rate quoted above is indicative only and is subject to change.

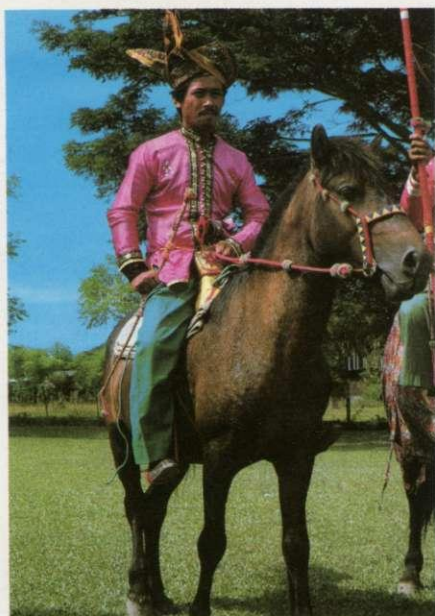


Sailing near Desaru beach resort



Sabah and Sarawak

Sabah and Sarawak, the two states on the island of Borneo, are for the adventure-minded. Both states have large hinterlands of green forests, long road and river journeys and colourful native culture and handicrafts. There are enough natural attractions to satisfy the most ardent adventurer. For those who are not so

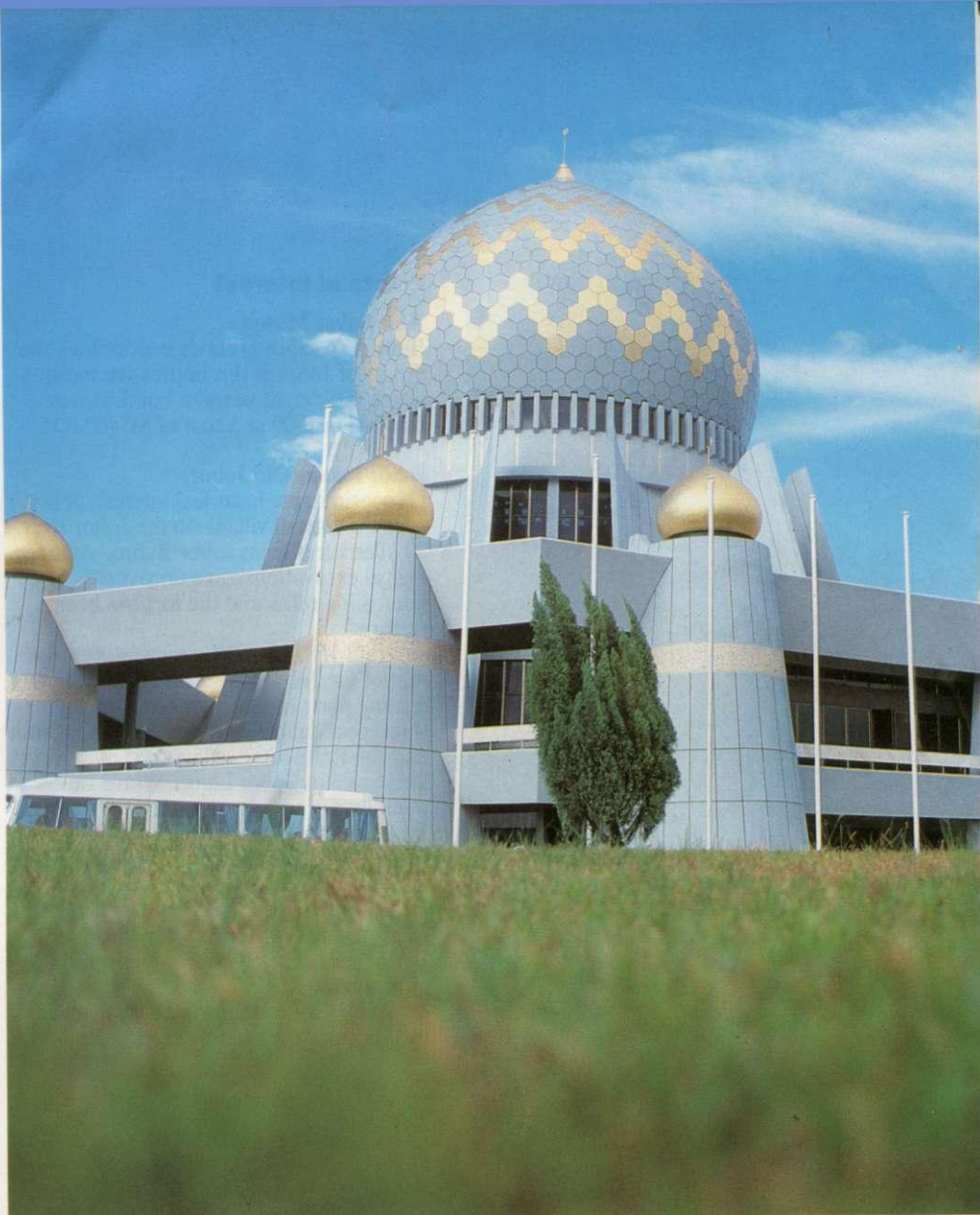


A Bajau horseman.

'ardent', other activities will be just as pleasing.

In Sabah, there is Mount Kinabalu in the Kinabalu National Park. A man, woman or even a teenager who is physically fit can make the climb by using established trails and the services of a guide. In Sarawak, the Niah Caves are a wonder to marvel at. Furthermore, it has been discovered that man was already living in the caves as early as 40,000 years ago.

Other attractions are there too, to enrich the mind as well as entertain. A trip to the only Orang-Utan sanctuary in the world, a visit to the longhouse, a river trip in longboats and an afternoon or evening stay with a local tribe to share in their rites and ceremonies, the visitor will come away with a new and unique experience.



Kota Kinabalu State Mosque.





SABAH

There is 1,440 kilometres of coastline in the state of Sabah, with the South China Sea on the west and the Sulu and Celebes seas on the East. Known as 'The Land below the wind' because it lies below the typhoon belt, Sabah is mountainous with lush tropical rain forests. Kota Kinabalu, the capital, is the eastern gateway to Malaysia with direct air links to Brunei, Hong Kong, the Philippines, Singapore, S. Korea, Jakarta and Taiwan.

Kota Kinabalu

Kota Kinabalu is a relatively new town, as evidenced by the many high rise buildings. The original town was razed during the Second World War and so a new carefully planned town was built. With a population of more than 13,000 inhabitants, the city takes particular pride in its gold-domed State Mosque which is centrally positioned and overlooks most of the town. Blessed with seemingly perpetual blue skies, a sea-side studded with coral islands and wooded mountains in the background, Kota Kinabalu is still as welcoming as it was to the wind-blown mariners of old.

Getting there

By air: Kota Kinabalu receives flights from Kuala Lumpur, Johor Bahru, Kuching, Singapore, Hong Kong, Manila, Brunei, Jakarta, Seoul and Taipei.

Getting Around

Shared taxis, mini-buses, ordinary buses, boats and a rail line that stretches from Beaufort and Tenom in the south, are the means of getting around. For journeys to towns further away. MAS operates daily flights to Labuan, Sandakan, Lahad Datu and Tawau.

Points of Interest

Kota Belud

This small town 77 kilometres away from Kota Kinabalu is galvanised into life every Sunday when the 'Tamu' or open market takes place. Not only are goods exchanged here, but news and gossip as well.

The Bajau horsemen, who wear jewelled costumes, carry ceremonial spears and ride bareback on ceremonial occasions, are farmers in this area. At the 'tamu' they can be seen riding buffaloes to the section of

the market where buffaloes are traded. On their farms they raise buffaloes for meat or farm work elsewhere.

Tuaran

This small pleasant place is a half hour's drive from Kota Kinabalu. The road to Tuaran runs through farms, valleys, rubber plantations and forests. The agricultural station here is also worth a visit. Nearby is Mengkabong, a Bajau village built on stilts over the water. Transport round the village is by sampan or canoe.

Penampang

This is a Kadazan village, 13 kilometres from Kota Kinabalu. The Kadazans, whose girls are particularly beautiful with their long, black hair, are the rice growers of the region. Each year they have harvest festivals lasting for several days. The rejoicing and merry-making is for good harvest. They make their own potent rice-wine 'Tapai' for this occasion.

Mount Kinabalu

This mountain, rising to 4,101 metres dominates the landscape. Set in the Kinabalu National Park, which is 93 kilometres from Kota Kinabalu, it is a favourite place not only for climbers but also for orchid-lovers, bird and butterfly watchers. More details can be found in the National Parks section.

Poring Hot Spring

Poring Hot Spring, 43 kilometres from the National Park headquarters, offers a refreshing 'dip' to the visitor. Individual concrete pools with taps, one for the hot spring mineral water and the other for cold, means you can get the exact temperature you prefer and the added bonus of natural mineral water.

Kudat

This is the home of the Rungus, members of the Kadazan race. It lies 238 kilometres north of Kota Kinabalu and may be reached by sea or road. Every Sunday the Rungus appear at the market place in Sikuati, 23 kilometres from Kudat. The women wear heavy brass bracelets, beaded necklaces and black knee-length sarongs. Nearby is a beach with surf crashing on the shore, more for photographing and looking at rather than for swimming. Another beach, five miles away at Bak-Bak, takes you along a road lined with coconut palms.



Tamu ... the open-market at Kota Belud.

Papar

Papar, 38 kilometres from Kota Kinabalu, may be reached by road. This is a particularly scenic road trip with green padi and jungle lining the roadside.

Tenom

TENOM a Murut Area can be reached by train from Beaufort, a journey through a spectacular countryside of the Padas Gorge. From Kota Kinabalu one can travel on the main highway by an express bus passing through Papar, Bongawan and Kimanis and reaching Beaufort before taking the train to Tenom.

The Muruts in Tenom continue to live in longhouses. A generous and hospitable people, they are still given to a life of songs and dances. The traditional life-style also extends to their economy. They continue to depend on shifting agriculture and hunting.

From Tenom, excursions can be arranged for visits to other Murut settlements in the neighbouring areas.

Keningau

Keningau is 48 kilometres by road from Tenom and can be used as a stopover point before making excursions deeper into the Murut districts of Tenom. Cattle and ponies are to be seen grazing on the plains of this area.

Tambunan

Tambunan is 48 kilometres from Keningau. The landscape is characterised by padi fields and rolling hills. The forts and graves of the Mat Salleh movement, a group that opposed British control, can be found here. But getting to these relics is a journey for those who are more adventurous and do not mind a little hardship.

Sandakan

Lying on a bay on the north eastern coast of Sabah and facing the Sulu Seas, Sandakan is 386 kilometres from Kota Kinabalu. It is a busy port, with ships loading timber, rattan, copra and bird's nests – that delicacy for soups. Behind the port lies the town and beyond that are tall mountains.



Orang Utan, nicknamed the 'Wild man of Borneo'.

The forestry Exhibition in the centre of town has an impressive collection of flowers and plants found in Sabah as well as handi-crafts and hunting weapons. The Sandakan Orchid House has a collection of rare orchids.

Three roads lead out of Sandakan, the Labuk road, the Leila road and the Sim Sim road. The Labuk road leads back to Kota Kinabalu through palm oil, cocoa and fruit plantations, padi fields, farmlands and tropical forests. Leila road takes you along the coast offering magnificent sea-scapes. Off-shore are islands inhabited solely by seabirds and turtles when they come in to lay their eggs.

One of the islands off Sandakan is Berhala Island, ideal for picnicking and swimming, and within easy reach by motor launch. A lighthouse on the highest point offers interesting views for photographers. The Sim-Sim road leads to prawn canneries, sawmills and shipyards.

Gomantong Caves

Gomantong Caves can be reached through a boat ride across the bay from Sandakan and then a 16 kilometre landrover ride through jungles and plains. At the caves, swifts build their nests high on cave walls and roof. These nests are considered delicacies and are collected by men climbing on tall bamboo poles. The stalactite and stalagmite features of the caves are also interesting to study. A visit to the caves would take a whole day and arrangements could either be made through a travel agency or the Forest Department in Sandakan.

Tawau

Tawau has a fine Mosque and avenues of shaded shops. The town lies at the south-east corner of the state on a stretch of coast. Timber, rubber, manila, hemp, copra, cocoa and palm oil are produced in the hinterland. Open air stalls along the sea front serve delicious seafood.

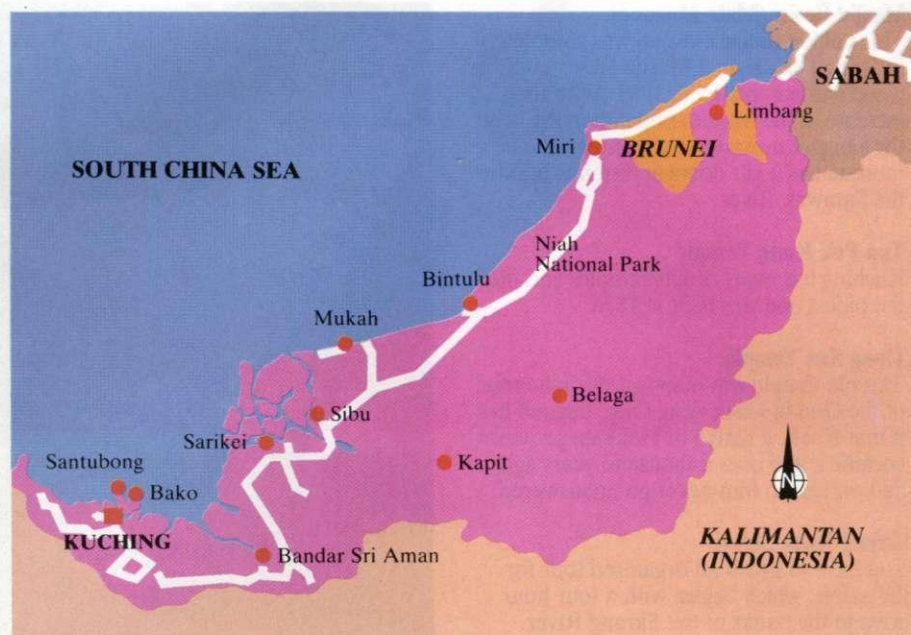


Semporna

An old interesting town on a peninsula. One of tiny islands in surrounding sea is Pulau Gayam, a volcanic island a short motor launch ride from Semporna. There is a pearl culture station on this island.

Sepilok Orang Utan Sanctuary

The Orang Utan Sanctuary at Sepilok, about 24 kilometres from Sandakan should not to be missed. The only one in the world, you can see the Orang-Utan being fed from a platform in the middle of the forest about 20 minutes walk from the centre. Nicknamed the 'Wild man of Borneo' (arboreal anthropoid ape), the Orang-Utans are brought here for rehabilitation and later returned to the forest when they are able to fend for themselves.



SARAWAK

The state of Sarawak today, with a land area of 124,450 square kilometres, is of great economic importance with its oil production, gas, timber, pepper, rubber, sago, copra and bird's nests. For the visitor, though, the main interest in Sarawak is the diversity of ethnic groups and the vast areas of still untouched rain forests. Many of these ethnic groups up the great rivers live in longhouses, where the entire population of a village live under one roof. They are very hospitable to travellers and many stay overnight in a longhouse during their visit.

Kuching

Kuching, the capital of Sarawak is a riverine town. Located on the banks of the Sarawak River, it is approximately 32 kilometres from the sea. The town has beautifully landscaped parks and gardens, historic buildings, colourful markets, and interesting waterfront, a state mosque as well as Christian churches and Chinese temples. It has one of Asia's finest museums with an excellent collection of Bornean ethnological and archaeological materials. Admission to the museum is free and it

is open on weekdays from 9.30 a.m. – 5.30 p.m. on Sundays and Public Holidays it is open from 9.30 a.m. – 6.00 p.m. on Fridays it is closed.

Points of Interest

The Istana

This palace, a building of considerable charm, was built in 1870 by Rajah Charles Brooke. It is set among rolling lawns on the northern bank of the Sungei Sarawak. It is the official residence of the head of State. However, it is plainly visible from Pangkalan Batu on the opposite side of the river.

Fort Margherita

Close by the Istana is the old Fort Margherita. It was built in 1879 and served as a fort of defence for the town especially from attacks which came from down river. The fort is now renovated and turned into a Police Museum.

The Court House

The imposing facade of the Court building, built in 1874, has imaginative local art forms incorporated in the roof panels and the door and window grilles.

Masjid Besar (Main Mosque)

This million dollar mosque was completed in 1968. The original Masjid Besar built of wood was completed in 1852. With the increase in the Muslim population the need for a bigger mosque was pressing. The new mosque has a gilt dome and stands beside the Sarawak River.

Tua Pek Kong Temple

Kuching has many ornate temples and this, the oldest one was built in 1876.

Hong San Temple

This old temple was built in 1895 in honour of the God in Kuek Seng Ong. Legend has it that Kuek, a native of Hokkien province became a god over a thousand years ago and prayers to him never go unanswered.

Skrang River Safari

You have to go on an organised tour for this safari, which begins with a four hour drive to the banks of the Skrang River. From there the safari continues down the shallow river, occasionally "shooting the rapids". The thrilling journey along this scenic river brings you to a series of Iban longhouses. These community dwellings are made of ironwood and roofed with palm leaf or ironwood shingles. All the rooms in the longhouses are side by side, facing a long communal hall, used for leisurely activities like wood-carving and basket weaving. Occasionally guests are invited to attend nightly ceremonies and drink rice wine, which the Ibans make. The Ibans are truly hospitable. Visitors who go on organised tour are put up in a guesthouse belonging to tour operators. These guesthouses have basic comfortable amenities.

Pepper Plantations

Sarawak is the largest exporter of pepper in the country and the plantations may be seen along the Kuching - Serian Road.

The Great Caves of Niah

The Great Cave, one of the largest in the world, is the centre of the Niah National Park. See National Parks Section for full details.

Santubong Fishing Village

The picturesque fishing village with good beaches is the site of several archaeological discoveries. Hindu and Buddhist-influenced



Skrang River safari.

rock carvings have been found around the Santubong River delta. During the 7th and 13th centuries, Santubong was an important trading centre. It is 32 kilometres from Kuching and can be reached by express launch. Accommodation in government chalets is available, but booking in advance is advisable through the District Office, Kuching.

Wildlife

Sarawak is rich in wildlife with over 550 species of birds. There is also barking deer, wild pig, honey bear, gibbon, crocodiles, lizards, snakes and of course the orang utan. This is the home of the orang utan now almost extinct, but it has become a protected species. Four species of marine turtles make Sarawak their home. One of the government conservation hatcheries for turtle eggs is at Talang Talang Island near Kuching. The Hornbill is a protected bird and is also the official state crest.

Antiques

Kuching is excellent for buying tribal artifacts and the best selection is to be found in the antique shops along Main Bazaar, Wayang Street and Temple Street. Prices are high, but bargaining is normal.

Jewellery is expensive too. It is also



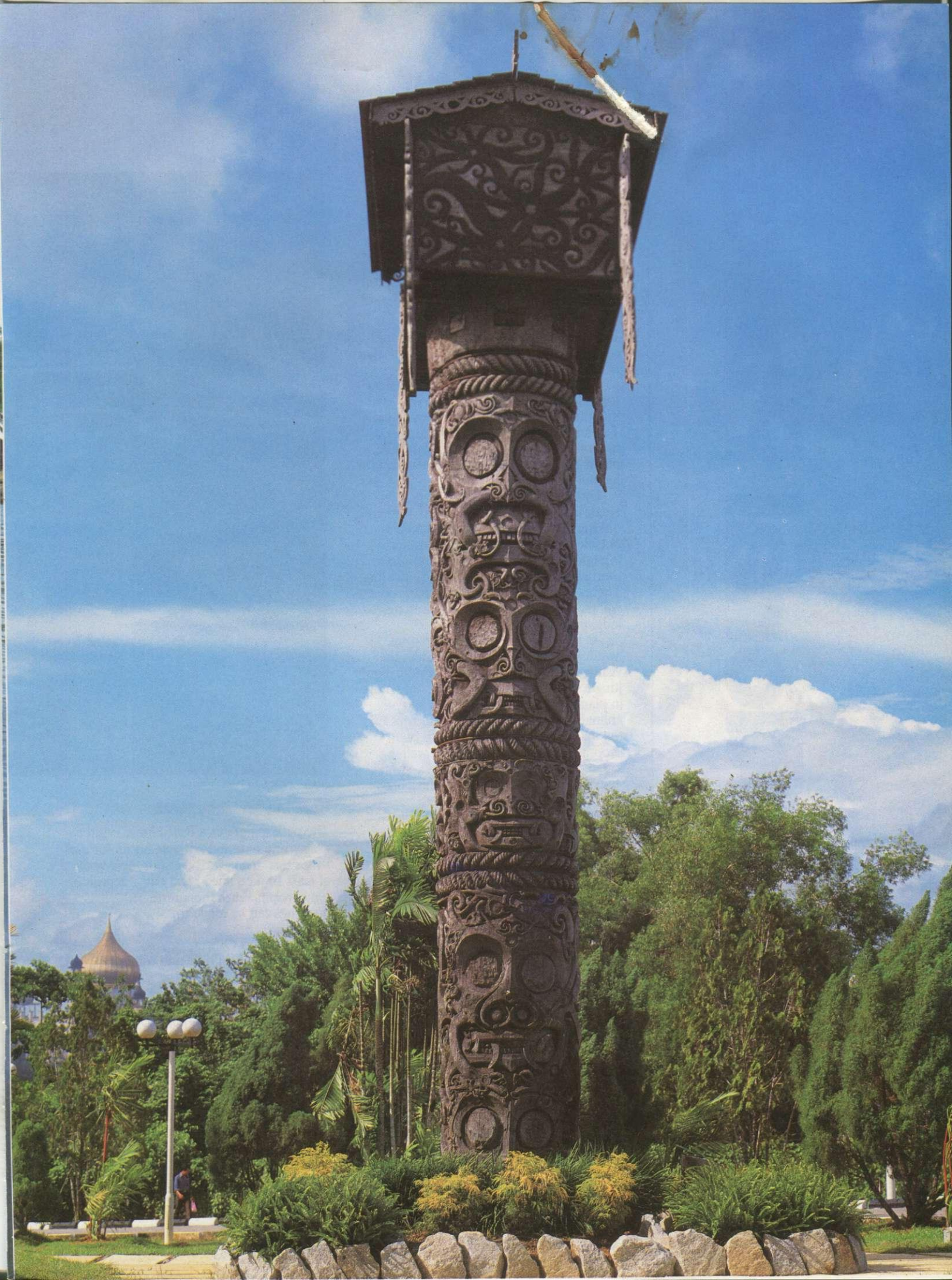
Hornbill, a protected bird.

recommended that a visitor spend a few hours at the Sunday market situated at Jalan Satok. Here antiques could be found on sale alongside jungle produce.

Sarawak Antique Ordinance

Visitors are reminded that under the Sarawak Antiquities Ordinance, no person may export or take away antiquity except under licence issued by curator of Sarawak Museum. An "Antiquity" is any object manufactured before 1850.

An intricately carved totem pole.



National Parks

Malaysia's national parks deserve a book, not just a chapter. There are three major ones, Taman Negara in Peninsular Malaysia, Kinabalu National Park in Sabah and the Niah National Park and Niah Caves in Sarawak. Let's take them one by one.

Taman Negara Peninsular Malaysia

Lofty peaks, green-canopied valleys and streams of pure crystal – in a nutshell, that is the description of Taman Negara.

Set in 4,343 square kilometres of heavily forested area straddling a range of mountains in the heart of the Peninsula, Taman Negara has been designated a natural park for preservation of wildlife, plants and other organisms in their natural habitat.

On the southern edge of the park is Kuala Tahan, the site of the park's headquarters. Kuala Tahan is linked to the outside world only by river. A visitor intending to visit the park will have to journey by road or rail to Kuala Tembeling. There, by pre-arrangements, a park boat will pick him up and take him in to his lodgings in Kuala Tahan.

At Kuala Tahan, many adventures await. In small groups with a guide, the visitor could go out trekking over the many jungle trails and see the wonders of nature in plants, flowers, birds, insects and animals. He could also take boat trips on the many rivers, enjoy the thrills of shooting through rapids, fish in well-stocked river pools and of course, swim in nearly any spot that catches his fancy.



Journey by boat to Taman Negara.

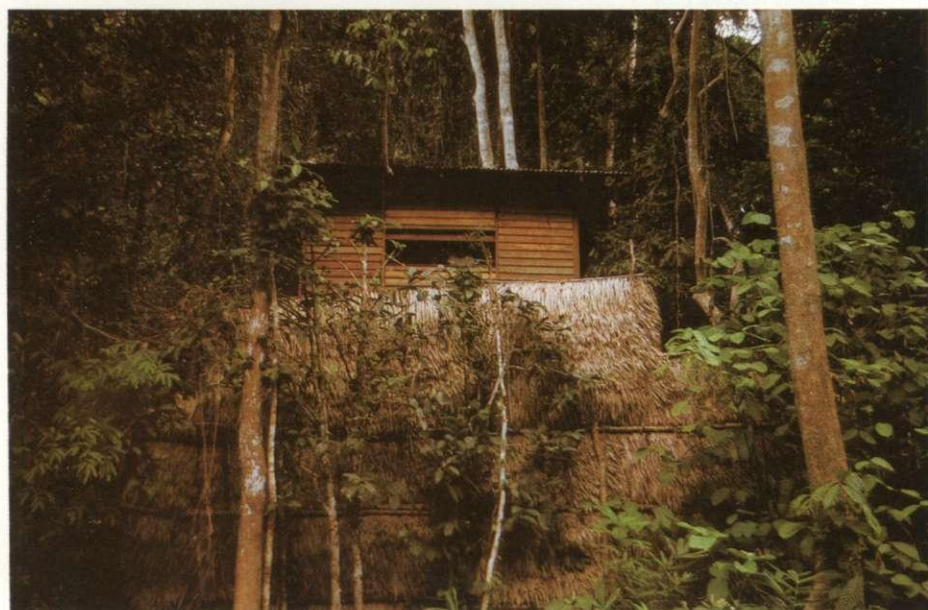
Booking Arrangements

The park maintains a Rest House, visitor's lodges and a dormitory-style hostel for use by visitors. To visit, the visitor must book at least 14 days ahead and pay a deposit of ten percent. Further enquiries as well as bookings can be made to:

Park Bookings Officer,
Department of Wildlife and National Parks,
Block K19,
Government Offices Complex,
Jalan Duta,
Kuala Lumpur. Tel. 941272 or 941056.

Getting there

By road: Self-drive vehicles. From Kuala Lumpur, one gets to Kuala Tembeling through Jerantut. Jerantut can be reached from both Kuala Lumpur – Ipoh Highway



Observation hide from where one can watch the animals.

as well as Kuala Lumpur – Kuantan Highway. The journey from Kuala Lumpur to Kuala Tembeling will take about 4½ hours while the boat journey to Kuala Tahan will take about 3 hours. (Map)

Buses and taxis. From Pudu Raya Terminal in Kuala Lumpur, taxis leave for Jerantut as well as major towns in Pahang such as Bentong, Raub, Mentakab and Temerloh. From these towns, the visitor can get taxis to Jerantut if direct taxis from Kuala Lumpur are not available. Buses for Bentong, Mentakab and Temerloh operate from a bus station on Jalan Tun Abdul Razak. Local buses to Jerantut are available from these towns.

If the visitor is coming from the East Coast, direct bus and taxi service to Jerantut can be obtained in Kuantan.

By rail: From Kuala Lumpur, the East Coast night train leaves at 10.00 p.m. and arrives at Kuala Tembeling Halt at 7.57 a.m. the next morning.

From Singapore, the night train leaving at 10.00 p.m. will meet up with the Kuala Lumpur train above at Gemas. From the Halt, it is a half hour walk to the jetty at Kuala Tembeling. From Kota Bharu, a south-bound train leaves Tumpat at 10.00 a.m. and reaches Tembeling Halt at 7.30 p.m. With advance notice, the train will stop and pick up passengers.

Accommodation

In Kuala Tahan, the park maintains a four-room Rest House and six chalets with individual bathrooms. The hostel is set up dormitory-style. All these facilities have running water, electricity and modern sanitation. Outside Kuala Tahan, Visitor Lodges and Fishing Lodges are maintained. At these facilities, bedclothes, mosquito nets, crockery, cooking utensils, water and firewood are provided. Tinned foodstuff can be bought at the Rest House and brought along.



The chalets at Taman Negara.

Activities

A short walking distance away from Park Headquarters are two salt licks, Jenut Tahan and Jenut Tabing. Further away, but still within a day's walk or a boat ride, are Jenut Belau and Jenut Kumbang. A variety of animals visit these salt-licks – elephants, wild buffaloes, tapirs, deers, wild-pigs and tigers. Observation hides have been built at Jenut Belau and Jenut Kumbang, and visitors can stay overnight for better chances of spotting or photographing animals as they visit the salt-licks at night.



Buffaloes lazing along Tembeling River.

Angling

There are more than two hundred species of fish in Taman Negara. A great proportion of these belong to the carp family. The 'kelah' or Indian Mahseer may run to twenty pounds in weight. The 'kelesa' provides a good fight once it is hooked. It will leap out of the water and race away at great speeds. To add to the challenge, this fish normally prefers quiet pools and indentations in the river where driftwood normally gather. So victory is still sweet when the angler succeeds.

'Toman' is the Malay name for snake-heads. Growing up to a length of 3 feet, they make quite good catches. Other fishes too, such as Sebarau, Tegas, Daun, and giant catfish that may weigh as much as sixty pounds are there for the catching.

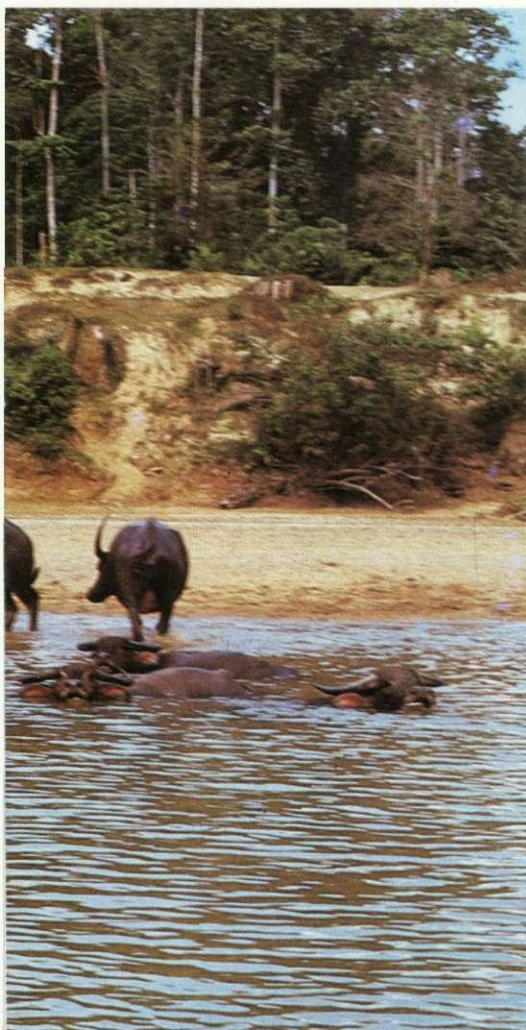
Most fishes will take artificial bait, the more popular being 1" to 1½" silver and copper spoons. For the mahseer, ordinary

hooks should be changed to special mahseer hooks as their jaws have enormous crushing power.

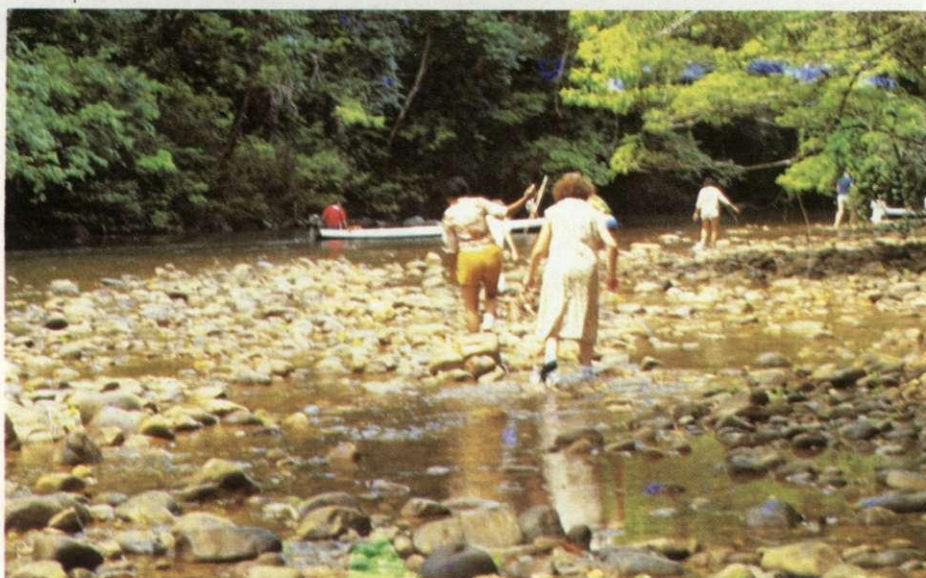
Nylon lines of 16 pounds BSI or braided lines of 12 pounds BSI would be suitable. Lines should preferably exceed 90 metres in length. Cable-laid wire trace between spoon and line would also be a good idea. Snake-heads and a few others have sharp teeth and will fray lines in this area.

Fishing gets better and better as one goes further and further away from Kuala Tahan. For the avid fisherman, a camping trip in the upper reaches of Sungai Kenyam and Sungai Sepia would be one he will remember for a long, long time. Failing that, there are still fishing lodges at Lata Berkoh and Kuala Perkal where catches are very good too.

Good fishing months are February, March, July and August. At other times, local rains tend to disrupt fishing.



A tropical butterfly.



Boat passengers walking along the river bank when the water gets too shallow.

Bird-watching

Bird-watchers will find the visit to Taman Negara an enormously enriching experience. Many of the 575 species found in Malaysia are represented at the park. Except for those habiting the jungle floor and the forest canopy, the birds are not hard to see.

The best bases for bird-watching are Kuala Lenyam, Kuala Terengganu and Kuala Tahan.

Photography

Beautiful scenery, wild orchids, brilliantly coloured butterflies and exotic birds will provide the ardent photographer with a wide range of subjects. But he must also be prepared for the conditions present in a tropical jungle. Light level may be low or uneven, obstructions abound and more than often his subjects may not be too cooperative. So, he must come prepared with both fast and slow films, zoom lenses, steady but light tripods and a pair of strong shoulders.

Other

Butterflies are abundant, but collecting is forbidden. So the enthusiasts must come ready with cameras or sketch-pads and colours. Then hours of enjoyment they will find.

Rock climbers will find many outcrops of limestone to practise their skills. The outcrops also contain caves for those who enjoy exploring caves. Some of the caves were used by Aborigines in the past. Their drawings still exist on the cave walls.

Kinabalu National Park Sabah

One hundred and thirty eight kilometres from Kota Kinabalu, the capital of Sabah, rises the majestic Mount Kinabalu, with its peak at 4,101 metres, Mount Kinabalu is the highest mountain in Southeast Asia. And the area on its slopes, 767 square kilometres of it extending from a height of 152 metres above sea level to the summit, forms the Kinabalu National Park.

Though the park is famous for the Mount Kinabalu climb, other attractive aspects of it are also present. The wealth of plant growth, the large variety of birds and the hot spring, provide attractions to the visitor.

Attractions

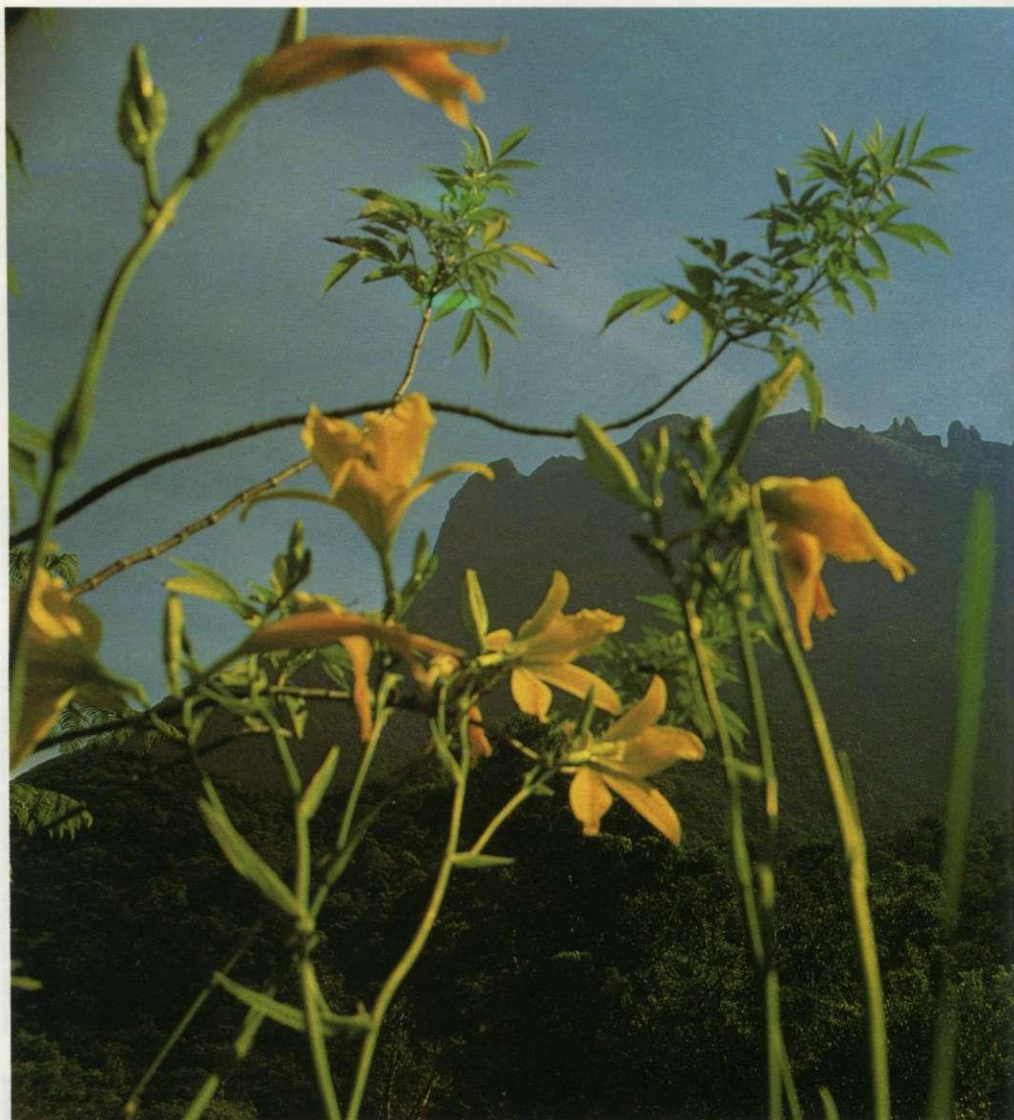
Mountain Climbing

The climb to the summit of Mount Kinabalu is a two-day affair though enough food is carried for four – a standard precaution, in case there is bad weather. The climb starts at the power station at 1890 metres above sea level. From here, the first leg of the climb is to Kambarangah at 2286 metres. The route goes through a forest and to help the climber, Rangers have made a staircase with tree branches framing the steps. After leaving the shelter at Kambarangah, the climb continues to Old Carson Camp at 2713 metres above sea level.

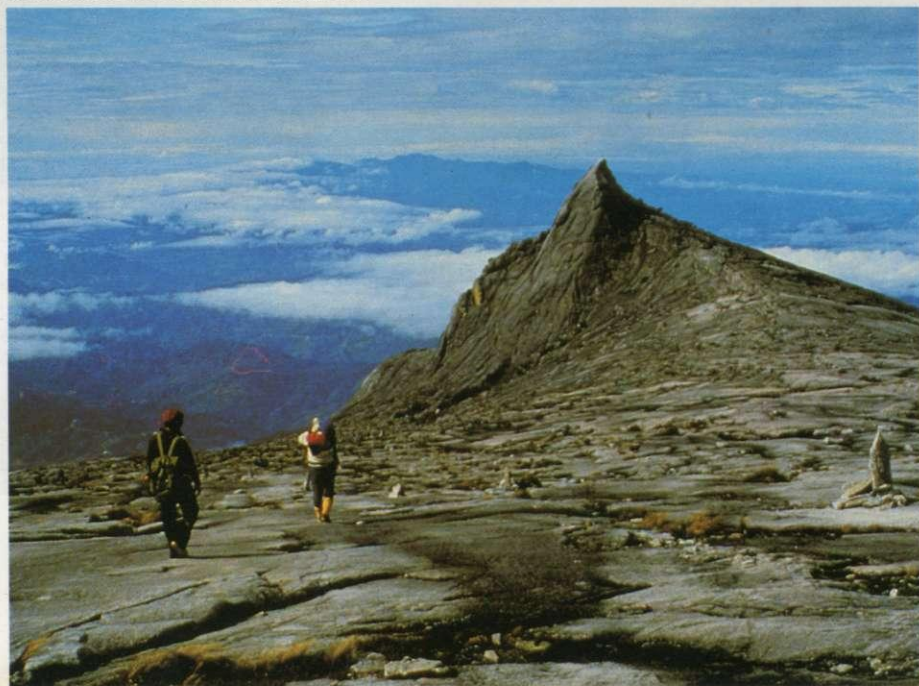
The weary climbers would wish they could stay at Carson's Cabin. But there are no cooking facilities here, and besides, it is a long way to the top. A brew of cocoa with water from the stream nearby, a quick meal from whatever packed food they had brought along and a short walk around to the rocks to take a look at the pitcher plants and then to push on again.

The target for the first day is the cabin at Panar Laban at a height of 3350 metres above sea level. The aluminium cabin, sitting near a clear mountain stream amidst the pretty mountain scene, is a very welcomed sight. Arriving there, the guide helps start a fire, everybody pitches in to cook and soon the meal is eaten and soft snores proclaim what's best after a hard day's climb.

The next morning, when dawn is barely strong in the sky, it is time to start again. Climbing steps cut into the rock, the group moves on the two hour's climb to the shelter at Sayat-Sayat. There, after a short rest, comes the last leg of the climb. One hour of heavy going but nobody com-



Mount Kinabalu as viewed from the National Park.





plains, the peak is near! Soon enough comes the end, the sought objective, Low's Peak.

From the peak, the view is breathtaking. Many would like to linger on much, much longer, but time is equally important for the descent. The power station must be reached before nightfall. So down again, but the spirit is different. Everybody had achieved something. On film in their cameras and in their minds would be clearly etched, the view they saw one morning, on Mount Kinabalu.

How to get there (Kinabalu)

By bus: A local company runs a mini bus service between Kota Kinabalu and Ranau, leaving Kota Kinabalu bus station at 8.00 am and 12.00 noon arriving at the Park in 2 hrs. The fare is M\$10.00 per person one way. For the return trip to Kota Kinabalu a mini bus from Ranau passes the Park Hqs. at 9.00 am and 1.30 pm.

By chartered Mini Bus: This is recommended for groups. the mini-bus charges about M\$224 from Kota Kinabalu to the Park. Charter information can be obtained from the National Parks Office at Kota Kinabalu.

By air: Ranau has a 549 metre airstrip. A helicopter landing pad is available at the Park Headquarters.

Places to stay

It is possible to stay at Park Headquarters, in varying types of accommodation from the Kinabalu Lodge to student hostels. Bookings must be made at Kota Kinabalu Park office in Kota Kinabalu before journeying to the park. Listed below are current accommodation charges at the National Park:

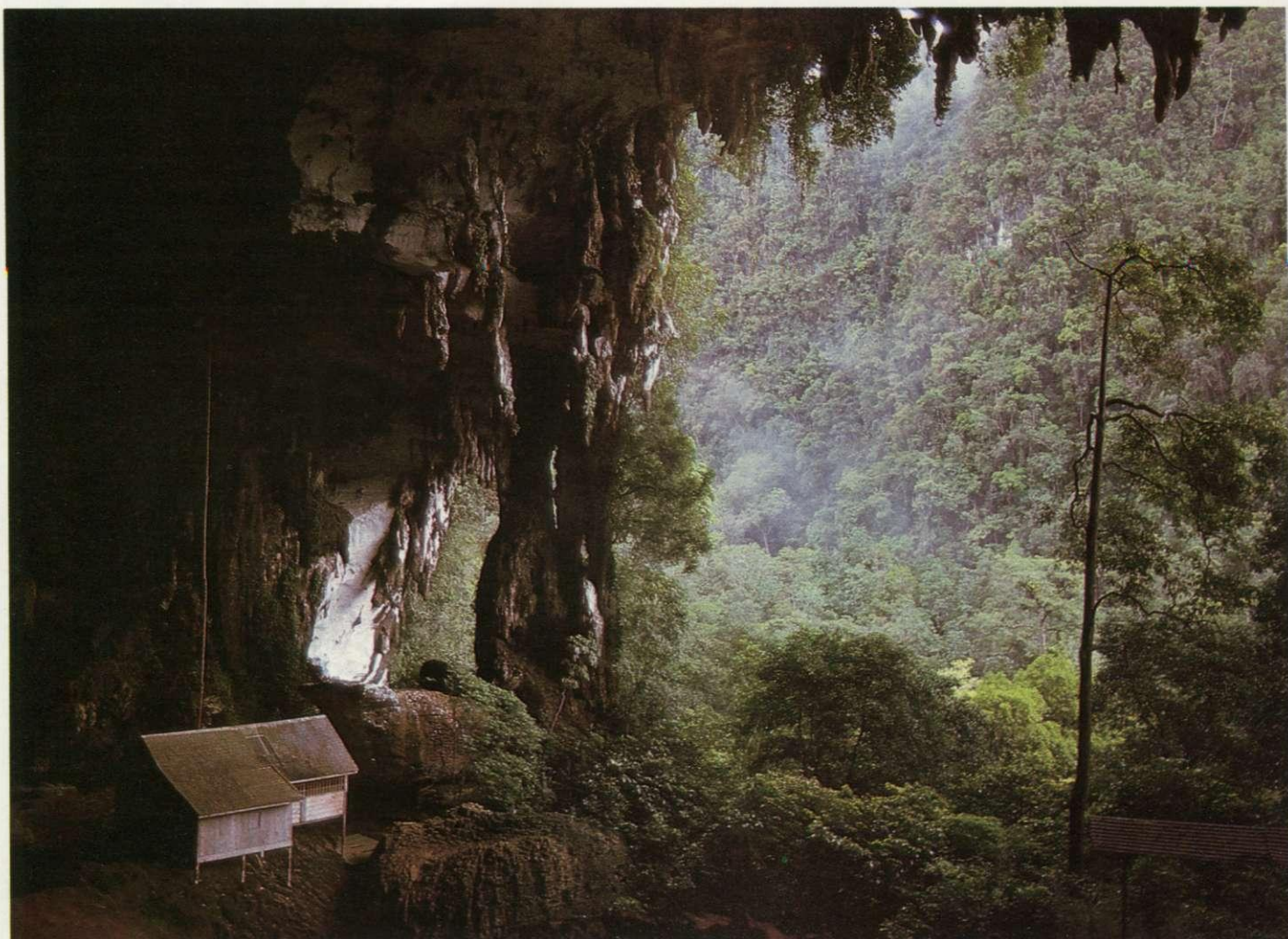


Kinabalu National Park's administration office.

a. Kinabalu Lodge (8 persons)	M\$360.00
b. Double Storey Deluxe Cabin (7 persons)	M\$300.00
c. Single Storey Deluxe Cabin (5 persons)	M\$200.00
d. Duplex (Semi-detached) chalet (6 persons)	M\$200.00
e. Annexes (Suite rooms) (4 persons) in Admin. building	M\$200.00
f. Twin-bed cabin (2 person)	M\$100.00
g. Old Hostel (46 persons)	M\$10.00 (Adult) M\$3.00 (Student)
h. New Hostel (52 persons)	M\$15.00 (Adult) M\$4.00 (Student)

US\$1.00 = M\$2.50.

The exchange rate quoted above is indicative only and is subject to change.



Niah Caves ... a major attraction in Sarawak.

Niah National Park and Niah Caves Sarawak

The Niah National Park is made up of 3,103 hectares of forest and limestone. The park can only be reached through a succession of flight, road journey and boat ride. From Kuching, the visitor would have to fly to Miri, the oil town of Sarawak. Then a road journey takes him to Batu Niah and by pre-arrangement, a park longboat will pick him from there.

The journey may sound like an odyssey but it is a good way of seeing rural Sarawak. At the park, the Niah Caves is a major attraction, it is one of the major attractions in this part of the world. The Great Cave alone covers an area of 11 hectares, an area as large as 13 football fields. And from cave floor to roof, a giant tropical

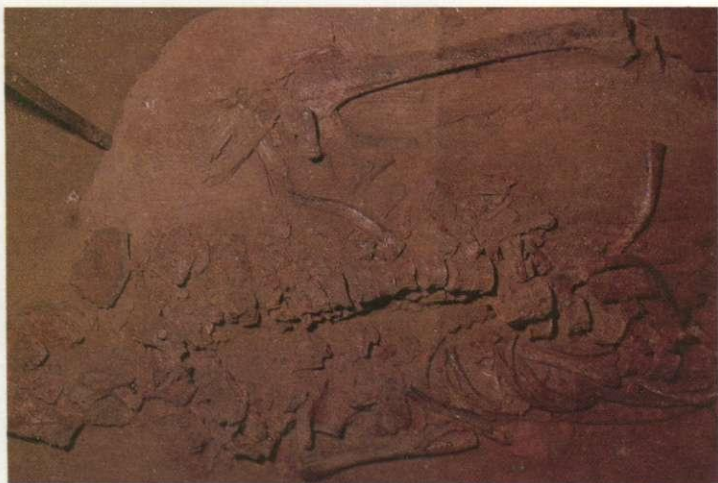
tree can be put in there and yet the shoots would still not touch the roof in some places.

The caves have a deep history too, and caused quite a stir in the high anthropological circles of the world in the 1950s. A curator of the Sarawak Museum was digging into the floor of the caves when he discovered the skull of a young *Homo sapiens* who had lived in the caves about 40,000 years ago. This find challenged the theory that mankind's ancestors only lived on the other side of the Red Sea and migrated east only much, much later.

Further diggings unearthed stone, bone and iron tools, and Chinese porcelain. Putting all these together, anthropologists concluded that the Niahian lived in the caves from 40,000 BC right up to 1400 AD. The artifacts and cave drawings also showed that they had their own unique



A praying mantis.



Archaeological display at Niah Caves



The long climb to Niah Caves.

culture and beliefs. When a person dies they build him a nice funeral boat to carry his remains to the kingdom beyond.

And then in the 1400s, they mysteriously disappeared. Where they went is yet unexplained, but a probable theory is that they survive as the Punan tribe living in Sarawak today.

In Punan lore there is reference to ancestors who lived in large caves and some of the elders of the tribe can still remember the time when the rites of the funeral boats were still performed in their tribe.

In the 1900s, the Punans rediscovered the caves and found the edible bird's nest on the roof of the caves. These nest are still being harvested by the very, very nimble men who clamber up single bamboo poles which extend from the cave floor to the arch of the roof.

Getting there

Flight: MAS flies into Miri from Kuching and Kota Kinabalu daily.

Taxi: From Miri, the journey of 109 kilometres to Batu Niah takes 2 hours. The fare is M\$16.00.

Boat: From Batu Niah, the park longboat takes 30 minutes to reach the park. The charge is M\$20.00 for four people. The way to the Great Cave (West Mouth) involves a walk on a raised plankwalk with handrail. The walk covers a distance of 4 kilometres and takes 45 minutes to an hour in good weather. In wet weather, the plank walk is slippery and may be difficult for inexperienced walkers.

Booking

The park longboat as well as accommodation at the park has to be booked in advance. Booking and further enquiries can be addressed to:

National Parks Office,
Forest Department,
Miri,
Sarawak.

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.

Hill Resorts

Taking to the hills is something the human spirit craves for from time to time. Luckily in Malaysia, the hill resorts are available to responding to that need. The air is crisp and cool and recreational facilities available are ideal for unwinding.

There are five hill resorts in Malaysia. We will describe them one by one.

Fraser's Hill

Like Rome, Fraser's Hill is built on seven hills. At 1,524 metres above sea level, cool air is guaranteed. It is the closest hill station to Kuala Lumpur and popular with visitors and residents alike.

Carving a road up through the hills was an engineering feat. In the early days, bullock carts were used for the journey, but nowadays it is possible to go in perfect comfort by car or air-conditioned bus. There are several bungalows and a large hotel to stay in.

Getting there

By bus: Departure points are at the Kuala Lumpur Merlin and Fraser's Hill Merlin. Refreshments are served on the 25-seater air-conditioned coach.

Return fare for adults is M\$30.00 and children M\$24.00, whereas one-way fare is M\$16.50 and M\$13.20 respectively.

Tuesday, Wednesday, Thursday, Friday and Sunday

Depart Fraser's Hill:
12.00 noon

Depart Kuala Lumpur:
3.00 p.m.

Arrive Kuala Lumpur:
2.30 p.m.

Arrive Fraser's Hill:
5.30 p.m.

Saturday only

Depart Fraser's Hill:
8.00 a.m.

Depart Kuala Lumpur:
11.00 a.m.

Depart Fraser's Hill:
2.00 p.m.

Depart Kuala Lumpur:
5.00 p.m.

Arrive Kuala Lumpur:
10.30 a.m.

Arrive Fraser's Hill:
1.30 p.m.

Arrive Kuala Lumpur:
4.30 p.m.

Arrive Fraser's Hill:
7.30 p.m.

By Car: If you are driving yourself, take the main Kuala Lumpur/Ipoh road and turn off at Kuala Kubu Bahru and follow the signs. You will arrive at the Gap, 8 kilometres from Fraser's Hill and a one-way traffic system operates. A control gate opens for upward-bound traffic on the odd



Pony ride at the mini zoo.

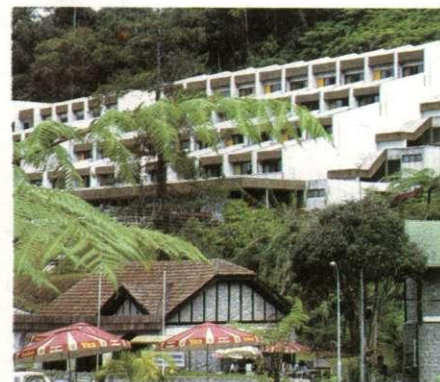
hours, and downward-bound traffic on the even hours. If you arrive early at the Gap there is a pleasant rest house with a garden full of flowers where you can have coffee and wait in comfort.

Jungle Walks

Well defined paths have been set through the jungles for those who enjoy jungle walks. Lined with unusual plants, flowers and ferns, some of these paths lead to the peaks of the surrounding hills. From these vantage points on a clear day, one can see parts of the states of Selangor and Pahang stretched out below. And on some days, the view extends even as far as the Straits of Malacca.

Swimming

The Jeriau Waterfalls is everyone's favourite spot in Fraser's Hill. You walk there and swim in the pool at the foot of the waterfall.



Fraser's Hill Merlin.



Flower nursery.

Golf

Fraser's Hill has one of the few public golf courses in Malaysia, a 9-hole course which is not nearly as easy as it looks. You can play from 7.00 a.m. to dusk.

Green fees: M\$5.00 half a day
M\$ 8.00 whole day
M\$12.00 per day for Saturday, Sundays and public holidays.
M\$40.00 for a week.

Tennis

Two hard tennis courts are available for visitors. The fee is M\$5.00 an hour for either a morning or afternoon session and M\$7.00 an hour for a night session.

Sports Complex

The town centre has a built-in sports complex offering two squash courts, a gymnasium, saunas, heated swimming pools

and a changing room for golfers. Conference facilities are available too. A coffee house is also available.

Mini Zoo

The mini zoo and park occupy 4 hectares close to the children's playground. There is an aviary, fish pond, rose garden, and facilities for pony riding and picnic.

Gardens

The climate is good for growing flowers and vegetables. Roses, gardenias, sunflowers and a host of colourful blooms are everywhere. A government flower nursery propagates a variety of flowers and plants. A rock melon hydroponics farm and a mushroom farm are situated near the falls.



Jeriau Waterfalls.

US\$1.00 = M\$2.50.
The exchange rate quoted above is indicative only and is subject to change.

Cameron Highlands

Cameron Highlands is the biggest hill station in Malaysia. It is located 60 kilometres off the main Kuala Lumpur/Ipoh at an altitude of 1500 to 1800 metres. It is nearly 100 years old, having been discovered by a Government surveyor on a mapping expedition in 1885, who reported "A fine plateau with gentle slopes shut in by lofty mountains." It has been developed in the most gentle and stylish way. It is known as the "garden" of Malaysia but that may be an understatement for the growing of five million roses! Fruit and vegetables grow to unusually large size because of the benign climate. Daytime temperatures range around 21°C (70°F) and drops to about 10 °C (50°F) in the evenings. Tea is also grown here.

Getting there

By car or rail: From Kuala Lumpur or Penang, proceed to Tapah, a town on the Kuala Lumpur-Ipoh highway. From Tapah, a branch road leading east makes the ascent to Cameron Highlands. This two-way road winds through the jungle and climbs gradually. For the visitor using public transport, buses and taxis are available in Tapah town.

Things to do:

Jungle trekking and mountain climbing are favourite pastimes for visitors to Cameron Highlands. The tallest peak is Gunung Brinchang at 2,032 metres, but Gunung Beremban and Gunung Jasar are easier climbs for the less experienced. Walking along the jungle paths, especially by the waterfalls at Robinson falls and Parit falls, you will discover that brilliant butterflies will keep you company. Maps of the jungle paths can be obtained at most of the hotels there.

Sports

For golf, there is an 18-hole course with a stream running through it. Set in a scenic valley with mountains around it, the course is an attractive one. For other sports, facilities for tennis and badminton are available while for swimming, there is a jungle pool under the Parit Falls.



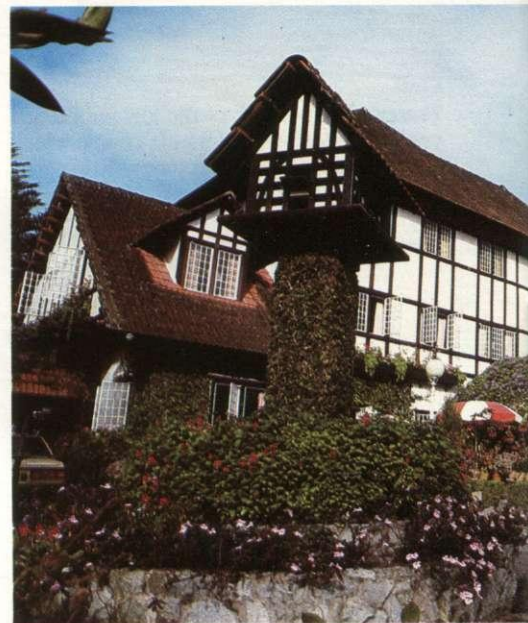
A scenic tea-plantation.

Tea

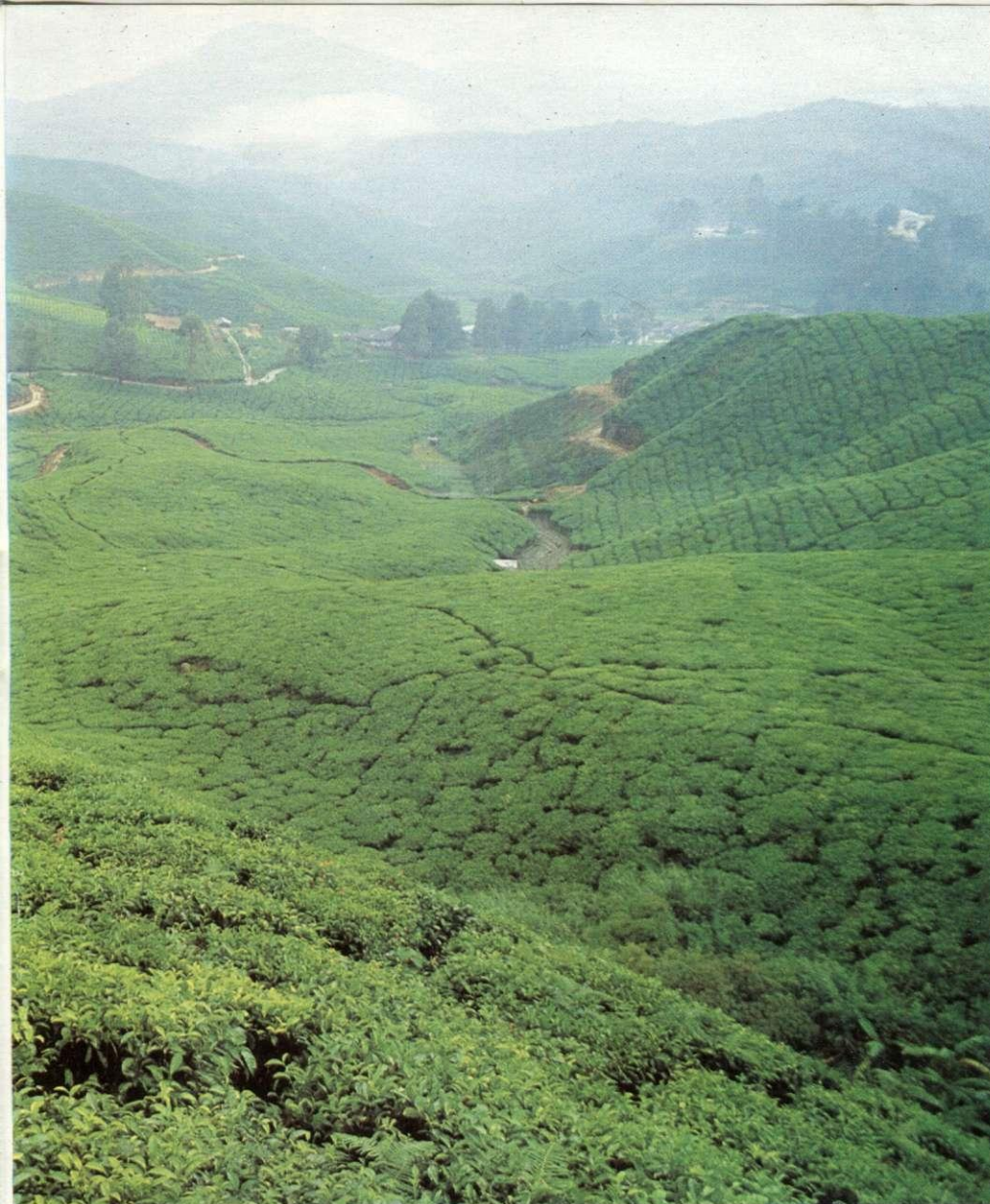
A great tea producing region, Cameron Highlands has established a good reputation for quality teas. It is possible to see the brightly-dressed tea pickers at work in the fields. A visit to a tea factory to watch the whole process of tea production is a popular activity for visitors.

Fruits and Vegetables

Fruits and vegetables are produced in great variety in Cameron Highlands, with the local strawberries being especially recommended. Passion fruits, tangerines and grapefruits are also grown successfully here. Market gardening flourishes because of the rich soil. Farmers have cut tiers into the hill-side for planting. Daily, fresh vegetables and fruits leave for all parts of Malaysia and Singapore.



Ye Olde Smoke House.



Getting There

By air: MACAIR operates daily scheduled helicopter service from Subang, Kuala Lumpur International Airport and Segambut Helipad.

The flights leave 3 times daily from Subang at 0955 a.m., 1.00 p.m. and 4.00 p.m. to Genting Highlands and return at 12.00 p.m., 3.00 p.m. and 6.15 p.m.

Adult: M\$65/-

Child: 2-12 yrs. 50%

By coach: Genting operates its own air-conditioned coaches, with 8 scheduled services daily from Pudu Raya Bus Terminal in Kuala Lumpur.

By taxi: Fare from Kuala Lumpur is M\$5.00 per person in shared taxi (M\$20.00 per taxi)

By bus: One way fare in an air-conditioned bus from Kuala Lumpur is also M\$5.00

Points of interest

Casino

The casino offers Blackjack, Baccarat, Keno, French Bull, Russian Roulette, Tai Sai and even fruit machines. Visitors must wear long-sleeves and tie, or batik to get into the casino.

Indoor Stadium

Facilities for basketball, table-tennis, badminton and squash are provided at the indoor stadium.

Golf

An 18-hole golf course set in beautiful rolling scenery is at the end of the cable car terminal. The cool air makes golf a real pleasure on this challenging course.

Bowling

There is a 16-lane bowling alley at the Genting Hotel.

Swimming

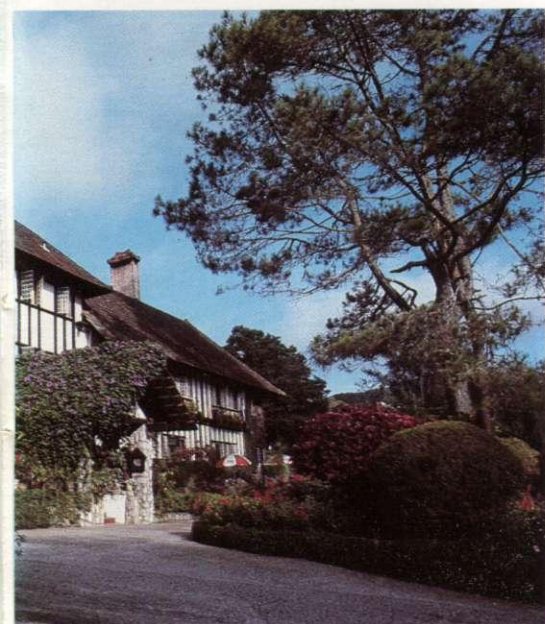
A heated swimming pool is to be found at the Convention Centre in the Genting Hotel.

Townships

There are actually three small townships in Cameron Highlands, Ringlet, Tanah Rata, and Brinchang. Driving up through the townships one passes fields of roses, chrysanthemums, carnations, dahlias, geraniums, fuchsias, gladioli and "ever-lasting" flowers.

Genting Highlands

Sixty minutes' drive from Kuala Lumpur is Genting Highlands, 1,711 metres above sea-level. Opened in 1971, it took engineering ingenuity and skill to cut a road through virgin forest and create the resort. It is the only place in Malaysia where gambling is legal and so it attracts visitors from neighbouring countries as well as people from local communities.





Bukit Larut, Malaysia's oldest hill resort.

Bukit Larut (Maxwell Hill)

The smallest and oldest of the hill resorts is Maxwell Hill or Bukit Larut. The hill is 1,035 metres above sea-level and is situated 9 kilometres from Taiping in the state of Perak. Formerly a tea estate, it is now a cool garden with rhododendrons, pansies, petunias, sun-flowers, roses and dahlias giving a splash of colour against the green of the jungle. Mid-way up Maxwell Hill is the Tea Garden House where visitors may stop for a cuppa.

Getting There

By landrover: Official government landrovers run at hourly intervals. Booking for landrover can be made at Hill Superintendent office, Maxwell Hill. No self-drive cars, taxis or buses are allowed up the hill.

Landrover fare: M\$2.00 to top of hill (the cottage). M\$1.60 to the Hut. 60¢ to the Tea Garden House.

Things to do

Walking and relaxing are the only things to do at Maxwell Hill. This makes it the perfect escape from the "real world". You can also climb to the cottage, the only accessible summit of Bukit Larut, and on a clear day you can see the coastline as far as Penang and Pangkor. And looking down, there is the town of Taiping spread out below. You can also play tennis.



Bukit Larut ... a cool flower garden.

Penang Hill

Penang Hill is only 830 metres (2723 feet) above sea level, but spectacular views reward the visitor who makes the ascent. By funicular railway, the journey up takes only 24 minutes but the temperature drops to a cool 18°C, making it a pleasant relief after the stifling heat below.

Getting there

By funicular railway from Air Itam. It runs every half hour. The return fare is M\$3.00 for adults and M\$1.50 for children.

Things to do

Strolling to the top of Strawberry Hill or to Tiger Hill one can enjoy beautiful scenery. A variety of plants and other colourful flora of the tropics flourish with the cool temperature here.



Penang Hill.



A view of the island from Penang Hill.

Budget Guide

Just to give you an idea of what it will cost, we list below a general guide on hotel rates and meals:

Hotel accommodation – room only

	Single	Double
International hotel	From M\$180.00++	From M\$200.00++
Budget Hotel (20 to 50 room hotel)	From M\$ 30.00++	From M\$ 35.00++

Meals

Breakfast

Continental (in hotel coffee shop)	8.50++
Full breakfast	12.00++
Local coffee shop	5.00
Local stall	2.00

Lunch

Hotel	18.00++
Modest local restaurant	10.00
Local stall	4.00

Dinner

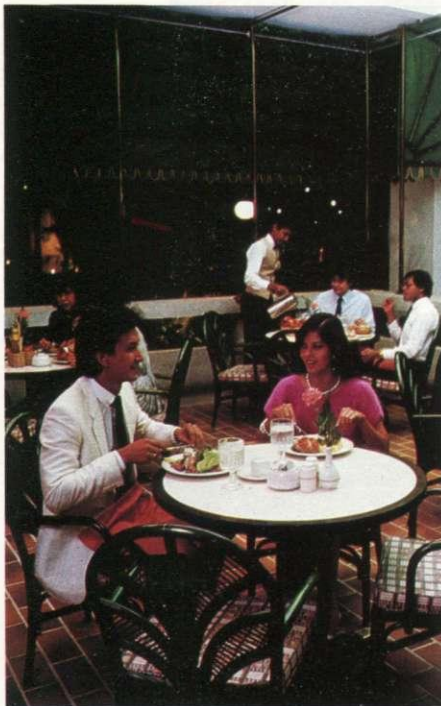
Hotel	20.00++
Modest restaurant	12.00
Local stall	4.00

++

A 10% government tax and 10% service charge is added to hotel and restaurant meals.

US\$1.00 = M\$2.50.

The exchange rate quoted above is indicative only and is subject to change.



Dining in a hotel restaurant.



Windsurfing.

Saying it in Malay

Pronunciation guide:- a as in far, c as in chip, sy as in shut, g as in girl.

ENGLISH	MALAY	ENGLISH	MALAY
Greetings		Money	Wang/duit
How do you do?	Apa khabar?	Mutton	Daging kambing
Good morning	Selamat pagi	No	Tidak
Good afternoon	Selamat petang	Please	Tolong/Sila
Good night	Selamat malam	Pork	Daging babi
Good bye	Selamat tinggal	Prawn	Udang
Bon Voyage	Selamat jalan	Salt	Garam
Fine	Baik	Shop	Kedai
		Sugar	Gula
Pronouns		Thank you	Terima kasih
I	Saya	Toilet	Tandas/bilik air
You	Anda, awak, Encik (Mr), Cik (Miss), Puan (Mrs)	Trishaw	Beca
We	Kami	Wait	Tunggu
He/She	Dia	Want	Mahu
They	Mereka	Water	Air
		Yes	Ya
Questions		Number	
Can you help me?	Bolehkah encik tolong saya?	One	Satu
How do I get there?	Bagaimanakah saya boleh ke sana?	Two	Dua
How far?	Berapa jauh?	Three	Tiga
How long will it take?	Berapa lama?	Four	Empat
How much? (price)	Berapa harganya?	Five	Lima
What is this/that?	Apakah ini/itu?	Six	Enam
What is your name sir?	Siapa nama encik?	Seven	Tujuh
When	Bila	Eight	Lapan
Where	Di mana	Nine	Sembilan
Why	Mengapa	Ten	Sepuluh
		Eleven	Sebelas
Useful Words & Expressions		Twelve	Dua belas
A little	Sedikit	Twenty	Dua puluh
A lot	Banyak	One hundred	Seratus
Beach	Pantai	Directions	
Beef	Daging lembu	Go up	Naik
Chicken	Ayam	Go down	Turun
Cold	Sejuk	Turn	Belok
Crab	Ketam	Right	Kanan
Drink	Minum	Left	Kiri
Do not have	Tiada	Front	Hadapan
Eat	Makan	Behind	Belakang
Excuse me	Maafkan saya	North	Utara
Female	Perempuan	South	Selatan
Fish	Ikan	East	Timur
Fruit	Buah	West	Barat
Have	Ada		
Hot	Panas		
I am sorry	Saya minta maaf		
Male	Lelaki		
Meat	Daging		

Tourist Development Corporation (TDC) Offices Overseas



AUSTRALIA

Director (Overseas), Tourist Development Corporation
Malaysia, Sydney Office, 7th Floor, R & W House, 92 Pitt
Street, N.S.W. 2000, Australia. Tel: 232-3751, 232-6952.
Telex: 26936 TC SYD AA.

TDC MELBOURNE

c/o Malaysian Airline System, No.1, Collins Street,
Melbourne. Victoria 3000. Tel: 03-2423033

JAPAN

Director (Overseas), Tourist Development Corporation
Malaysia, Tokyo Office, 2nd Floor, Nichiginmae, Kyodo
Building, 3-4 Nihombashi-Hongokucho Chuo-ku, Tokyo 103,
Japan. Tel: (03) 279-3081. Cable: MATOURCEN TOKYO.
Telex: (72) 27596 MIN J.

THAILAND

Director (Overseas), Tourist Development Corporation
Malaysia, Bangkok Office, No. 141, Surawongse Road,
Bangkok 10500, Thailand. Tel: 2349808-9.
Telex: 82737 LAYANG.

SINGAPORE

Director (Overseas), Tourist Development Corporation
Malaysia, Singapore Office, 10, Collyer Quay #01-03, /
Ocean Building, Singapore 0104. Tel: 02-5326321/5326351.
Cable: MALA WAKIL SINGAPORE. Telex: 29201 RSTDCMAL

UNITED KINGDOM

Director (Overseas), Tourist Development Corporation
Malaysia, London Office, No. 17 Curzon Street, Mayfair.

TDC Information Centres

TDC MALAYSIA HEAD OFFICE

Wisma MPI, 17th & 18th Floor, Jalan Raja Chulan
50200 Kuala Lumpur.

24th-27th Floor Menara Dato Onn,
Putra World Trade Centre, Jalan Tun Ismail,
50480 Kuala Lumpur.
(Effective from January 1986)

Opening Hours:
Mon to Fri 8.30 am - 4.45 pm, Saturday 8.30 am - 1.00 pm

SUBANG INTERNATIONAL AIRPORT

Tourist Information Centre, 47200 Subang, Selangor.
Tel: 03- 755707

Opening Hours:
Mon to Sun 8.10 am - 11.30 pm

TDC Regional Offices

SABAH

Block L, Lot 4, Bandaran Sinsuran Mail Bag 136,
88700 Kota Kinabalu, Sabah.
Tel: 088-211698, 211732. Telex: 80614 TDC BKI

SARAWAK

2nd Floor, AIA Building, Jalan Song Thian Cheok,
93100 Kuching. Tel: 082-56575, 56775.
Telex: 70589 TDC KCH

London W1Y 7FE, United Kingdom.
Tel: 01-4997388. Cable: MALATOUR LONDON W1.
Telex: (51) 299659 MTDC LOG

U.S.A.

Director (Overseas), Malaysia Tourist Information Centre,
5th Floor, Transamerica Pyramid Building, 600 Montgomery
Street, San Francisco, California 94111, U.S.A
Tel: (415) 788-3344. Cable: MALAPUSAT.
Telex: MALAYSIA SFO 4988414

TDC NEW YORK

c/o Malaysian Airline System, Suite 2044, 420 Lexington Avenue,
New York, N.Y. 10170. Tel: (212) 697-8994

TDC LOS ANGELES

c/o Malaysian Airline System, 6151 West Century Boulevard,
Suite 1124, Los Angeles, California 90045 Tel: (213) 642-0849

GERMANY

Director (Overseas), Tourist Development Corporation
Malaysia, Frankfurt Office, 17/Am Salzhaus 6, 6000 Frankfurt
Am Main, Federal Republic of Germany. Tel: 069-283782,
283783. Telex: 4189674 TDC D.

HONG KONG

Director (Overseas), Tourist Development Corporation
Malaysia, Hong Kong Office, Ground Floor, Malaysia Building,
No. 47-50, Gloucester Road, Hong Kong. Tel: 5-285810/1.
Cable: MATOURCOR HONGKONG.
Telex: MWAKI HX 74207.

KUALA LUMPUR VISITORS CENTRE

3, Jalan Sultan Hishamuddin.
50050 K.L. Tel: 03-2201369

Opening Hours:
Mon to Fri 8.30 am - 4.45 pm, Saturday 8.30 am - 1.00 pm

PENANG

TDC Information Centre, 11900 Bayan Lepas Airport, Penang.
Tel: 04-830501

Opening Hours:
Mon to Fri 8.30 am - 4.45 pm, Saturday 8.30 am - 1.00 pm

NORTHERN REGION OFFICE (PENANG)

10, Jalan Tun Syed Sheikh Barakbah, 10200 Penang.
Tel: 04-20066, 369067. Telex: 41094 TDC PEN

EAST COAST REGION OFFICE (KUALA TERENGGANU)

2243, Tingkat Bawah, Wisma MCIS, Jalan Sultan Zainal Abidin,
20000 Kuala Terengganu. Tel: 09-621433, 621893
Telex: 51429 TDC WPT

SOUTHERN REGION OFFICE (JOHOR BAHRU)

Lot 1,2 & 3, Tingkat 2, Kompleks Tun Abdul Razak,
Jalan Ah Fook, 80000 Johor Bahru. Tel: 07-223590/91
Telex: 60037 TDC JHB

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Malaysia

The fun is right here!



Drums rolling out in challenge to one another, 30-foot poles juggled from shoulder to shoulder, and playing cricket in immaculate white on a sunny day.



For further information, please contact
Tourist Development Corporation Malaysia
P.O. Box 10328, Kuala Lumpur, Malaysia.
Tel: 03-423033 Telex: MTDCKL MA 30093

TDC/IT/MTP/AMC/240